Doggone it

Wilfred returns for its second season on FX Canada. Lead actor/co-creator Jason Gann discusses why the show works

PAGE 15

MAGNOTTA RETURNS

THE LONE SUSPECT IN MONTREAL'S BODY-PARTS KILLING IS BACK IN CANADA PAGE 6

OTTAWA metro®

Tuesday, June 19, 2012

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PROTECT YOUR MELON

After looking at all cycling deaths in Ontario between 2006 and 2010, the province's coroner has released a report on how to keep cyclists safe. One of the top recommendations: make all cyclists wear helmets. For more coverage, see page 4. NOURAN ABDELLATIF/FOR METRO

Lead fears linger at public school

Suspicion. School suspects road work contaminated water, and some parents are still worried

GRAHAM LANKTREE
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Cool, clean water is expected to flow again at Bayshore Public School this week following a discovery in May that the school's supply was contaminated with lead at 60 times the healthy limit.

"We have new water-test results and they say everything is fine," said Ottawa-Carleton District School Board spokesperson Sharlene Hunter.

"In a city of our size and shape, there can always be high levels of lead in water due to construction on city streets and due to the age of city pipes."

When water at the school was tested May 23 following the installation of a new water-filling station, more than 600 micrograms of lead were found in a single litre of the school's supply, 60 times the standard limit of 10 micrograms per litre.

Hunter said administrators immediately put up signs and covered fountains and began to flush school pipes daily.

Tests came back June 5 showing the school was again below the lead limits, with 0.00025 micrograms per litre, but some parents are still worried.

"They don't examine the water enough," said Malak Besher, who has children in grades 1 and 3 at the school.

"They should have had a meeting to inform parents since most parents here are immigrants and I'm sure some don't read."

Letters were sent home with students after the discovery. Water at OCDSB schools is tested for lead once annually between May 1 and October 31.

"I think they need to take a good look at all those old pipes," said Jill Moore whose grandson is in Grade 5 at the school.

Follow Graham Lanktree on Twitter @MetroGraham

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Backlash against reform to health care for refugees

New restrictions. Tories say they want to prevent abuse of system, while critics argue the government is using the issue to divide Canadians

JOE LOFARO
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Doctors and former refugees lashed out at the federal government Monday over changes to health care for refugees.

Under the new changes to take effect June 30, refugees whose claims have been accepted will get benefits under the Interim Federal Health Plan only if it is an "urgent or essential nature."

Medications and vaccines will be covered only if needed to prevent or treat a disease that is a public-health or safety risk. Alison Eyre, a doctor at Centretown Community Health Centre, said in more than a decade working with refugees she's never seen anyone abuse the system. "They tend to come from countries where they've left everything," she said.

Analysis

Health-care plan helped Ugandan family

Lillian Asiimwe said if it wasn't for the care she got after fleeing Uganda with her family in 2006, she wouldn't have been able to graduate from the University of Ottawa and pursue a master's degree.

She said she and her sisters were treated for post-traumatic stress disorder after arriving in Canada as refugees.

"Health is essential to being able to reach one's full potential. I hope Canada continues to give this opportunity to every refugee," said Asiimwe.

"If you don't have the right mind, if you're not OK psychologically, you cannot succeed in anything, be it work or school."

She said her widowed mother would not have been able to get her children the medication they needed without the government program.

Lillian Asiimwe, a former refugee from Uganda, said she hopes the government will continue to provide health care to all refugees as it did to her in 2006. JOE LOFARO/METRO

Stage safety sets rhythm for Bluesfest

A firefighter looks over a collapsed stage at Bluesfest on July 17, 2011. The main stage collapsed during a severe thunderstorm while the band Cheap Trick was performing. FRED CHARTRAND/ THE CANADIAN PRESS

The new main stage Bluesfest will be different from the stage that collapsed last year and the stage that collapsed in Toronto on Saturday, organizers announced Monday.

Last year, a driver for the band Cheap Trick was seriously injured when the stage collapsed during a storm.

In an unrelated incident last Saturday, Radiohead drum technician Scott Johnson was killed when the stage in Toronto's Downsview Park collapsed before the show.

Bluesfest is taking new safety precautions, including using a different stage firm and getting an independent engineering evaluation of temporary structures at the festival.

However, there is still little Bluesfest's executive director Mark Monahan can say about what went wrong last year. "I think that there's a Ministry of Labour investigation that will hopefully explain what their thoughts are on it," he said.

The new main stage made by Premier Global Productions will be prefabricated with welded steel and assembled on site.

Bluesfest's smaller stages are one-piece structures that arrive on site by truck and are "built to building code," Monahan said. He would not comment on Cheap Trick planning to file a lawsuit over the stage collapse. JESSICA SMITH/METRO

Premier Global Productions

- **Roof system.** Composed of open web steel trusses spanning 76' across and 60' upstage to downstage with 26' by 12' PA grid on each side.
- **Trusses.** Are 24" wide by 60" deep and connected at ends by Grade 8 structural bolted connections and steel bracing.
- **Columns.** Lattice towers are 24" by 24" for the main stage and 18" by 18" in the PA bays.

OC Transpo

No comment from city on Presto delay

The city would not confirm or deny a CTV report Monday that the launch of the Presto smart-card system for OC Transpo could be delayed to next year.

The payment system was to launch July 1, but it was postponed to August 1 after it didn't work during a trial period.

A city spokesperson, said the city had a "productive" meeting Monday with reps from Metrolinx, the Toronto-based agency that handles Presto, adding an update will be given at Wednesday's transit commission meeting.

CTV reported the delay could be as late as January 2013.

JOE LOFARO/METRO

Ottawa Public Health

Heat warning in effect for Ottawa

Ottawa's medical officer of health issued a heat warning for June 19 to 21 due to a forecast humidex of at least 40. Ottawa Public Health is telling the public to check on those who may be vulnerable to the heat.

NOURAN ABDELLATIF/FOR METRO

OPP investigation

Man charged in boating accident

Two people were sent to the hospital with minor injuries after a boat collision on the Ottawa River Saturday night. The OPP has charged Guy Provost with two counts of dangerous operation causing bodily harm.

NOURAN ABDELLATIF/FOR METRO

Highway Traffic Act

Hundreds of charges laid in bike-safety blitz

Ottawa police stopped 294 violators and issued 384 charges under the Ontario Highway Traffic Act and city bylaws in a bicycle safety blitz from June 13 to 17.

NOURAN ABDELLATIF/FOR METRO

1 NEWS

On the web

Obesity surgery linked to alcohol abuse

Maybe looking good really does come with a price. A recent study found the most common type of obesity surgery may increase patients' chances of abusing alcohol. Go to metronews.ca to read the story.

Correction

An article in Monday's edition of Metro incorrectly identified the work location of Reptiles Rock! owner Thomas Wellum. Wellum in fact works out of Ottawa.

Mobile news

Facebook just got a whole lot more tech savvy after purchasing a facial-recognition-technology company that helps people tag photos on the web by figuring out who is in them. Scan the code to read more.

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Causation

What could have prevented cyclists' deaths in Ontario between 2006 and 2010? A new report by deputy chief coroner Dan Cass says all the deaths were avoidable, if only cyclists and motorists had acted differently.

71% The coroner found that in 71 per cent of cases (91 of 129 deaths) something the cyclist did contributed to the fatal crash.

29% In 29 per cent of the cases (38 of 129 deaths) the coroner did not identify anything the cyclist did that contributed to the crash.

19% No motor vehicle was involved in 19 per cent of the cases (25 of 129 deaths).

62% Out of the cases in which a cyclist collided with a vehicle, the coroner found the driver's actions contributed to the collision 62 per cent of the time (64 of 104 cases).

37% Out of the cases in which a cyclist collided with a vehicle, the coroner found the actions of both driver and cyclist contributed to the incident 37 per cent of the time.

*The coroner also found that drivers' responsibility in the fatalities may be underrepresented because all the cyclists involved died and were unable to report their accounts of the collisions.

27% Only 27 per cent of those who died in a cycling collision were wearing helmets (35 of 129 cases).

44% Despite legislation, only 44 per cent of the cyclists under 18 who died were wearing helmets (7 of 16 cases).

Two women lay flowers at a ghost bike on Queen Street set up last year in memory of Danielle Nacu, 33, who was struck and killed by a vehicle following a collision with a car door. The coroner's report said car-door collisions played a role in only one of the cycling deaths in the province from 2006 to 2010. METRO FILE

Cycling fatalities were preventable: Coroner's report

129 deaths studied. Four years' worth of collisions in Ontario are the basis for 14 new wide-ranging recommendations

JESSICA SMITH
jessica.smith@metronews.ca

All of the 129 cyclists who died in collisions on Ontario's roads from 2006 to 2010 could have been spared, the province's coroner said Monday.

The office of the chief corner released a report on the cases of cyclists whose deaths were deemed "accidental" over the four-year period. It found that each of the fatal collisions was preventable, if only motorists and cyclists had acted differently.

The report includes 14 recommendations meant to prevent cyclist deaths, including a mandatory helmet law; making drivers stay at least one metre away from cyclists when passing; building more cycling infrastructure; educating both cyclists and drivers; and making side guards mandatory for heavy trucks to prevent cyclists from getting trapped under a truck's rear wheel.

Deputy chief coroner Dan Cass said he knows that some of the recommendations will be controversial.

"I'd like to think that when people start looking at the recommendations that we've made and realize that every single one of them is directly related to one or more deaths that happened on our road, that would help some of those barriers go away," he said.

Regarding his recommendation for a mandatory helmet law, Cass wrote that the inquiry found some objections to the idea from people worried that it would reduce cycling or send a message that such a law is sufficient for preventing cycling deaths.

"If one prevents the collision, helmets become unnecessary," Cass wrote.

Follow Jessica Smith on Twitter @jessiecatherine

Human-trafficking case. Accused teen pimp not allowed to speak to mom

One of the accused teens in a human-trafficking investigation has been barred from communicating with her mother.

The 15-year-old appeared in court via the court video system from a youth detention centre on Monday afternoon. The stocky girl with long dark hair bit her nails as the proceeding got underway.

She is barred from communicating, by any means, with a list of people including her co-accused, the alleged victims and others. On Monday, the Crown requested her mother and one other person be added to that list and a court order was issued.

The Crown's arguments concerning why the accused teen should be prohibited from communicating with her mother are covered by a publication ban.

That accused teen is expected to appear again in court on Thursday, but a date for her bail hearing has not yet been set. Her lawyer, Trevor Brown, said the defense is not yet prepared for a bail hearing. The other accused 15-year-old is expected to appear in court Tuesday morning. JESSICA SMITH/METRO

Stittsville. Police investigate alleged sexual assault on tot

Ottawa police are investigating a brazen sexual assault on a two-year-old boy that allegedly happened right in front of his mother.

Police say they received a report of a suspicious incident occurring in Stittsville on Saturday at around 3 p.m.

A two-year-old boy was playing in a park at the intersection of Stittsville Main Street and Abbott Street in the presence of his mother when an unknown man approached and inappropriately touched him, according to a police news release.

The mother was shocked and immediately removed the boy from the park, the release says.

The suspect is described as a white man, 50 to 60 years old and five-foot-eight. He was described as speaking English loudly, energetically and abruptly and as wearing a white hat. The man may have been accompanied by a woman of about the same age.

Anyone with information is asked to call police at 613-236-1222 ext. 5944 or Crime Stoppers at 613-233-8477 or toll-free at 1-800-222-8477. METRO

Microbreweries get big stage during festival

Cheers! Fun flavours, local brews abound at Ontario Craft Beer Week

GRAHAM LANKTREE
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A beer brewed with spicy Korean kimchee cabbage and another aged in bourbon barrels will have fans of finely made beers raising a glass (or two) at the third annual Ontario Craft Beer Week.

The province-wide festival introduces beers from 29 Ontario breweries and is a great way to discover hidden gems, said festival co-chair and local Beau's Brewery owner Steve Beauchesne.

"As a small brewery the biggest challenge to success is getting access to tell potential customers about your beers," he said. "It's a great way to support other breweries."

While Beau's is well known in Ottawa and many of the city's restaurants have gotten behind the brand, "it's worth noting we're still a very small brewery," Beauchesne said of the Vankleek Hill operation.

As a small brewery Beau's often makes limited runs of unique beers. For the festival Beauchesne has teamed up with the trendy Wellington Gastropub in Westboro to create a beer brewed with spicy Korean kimchee cabbage cooked up by the restaurant's chef Chris Deraiche.

"Our kimchee is made in-house with coriander and chili paste," said Wellington Gastropub sommelier John Gross. "It gives the beer some heat and I don't think it's been done before."

Ontario Craft Beer Week events run from June 17 to 23.

Follow Graham Lanktree on Twitter @MetroGraham

During Ontario Craft Beer Week, the Wellington Gastropub in Westboro will offer a spicy beer brewed with Korean kimchee. GRAHAM LANKTREE/METRO

Now at Ottawa Stadium

Escapade festival escaping to new venue to deal with crowds

With 8,000 fans expected to see top DJs perform at the Escapade Music Festival, organizers announced Monday they're switching venues.

"The Aviation Museum is a great venue," said the festival's director of marketing, Michael O'Farrell.

"We're heartbroken not to be there, but this is more of a central location," he said from the grass of Ottawa Stadium.

Organizers decided to make the switch to the stadium, O'Farrell said, after the NCC, city and police raised concerns that the event running June 30 and July 1 would add to traffic congestion near the museum.

The RCMP Musical Ride nearby is also expecting upwards of 8,000 on June 30 and having the two events so close together would mean long delays to enter the festival, O'Farrell said, adding that "the traffic issue at the museum will be a non-issue here."

Although the show's organizers say they will no longer be able to set off fireworks on July 1, they insist they will have other tricks up their sleeve that go with the venue.

Tickets to the festival start at $99.

GRAHAM LANKTREE/METRO

Apps4Ottawa. City seeking private sponsors for next app contest

The city is looking for private sponsors to finance the second edition of the application creation contest Apps4Ottawa, which saw $50,000 in prizes given out to local developers last year.

Guy Michaud, the city's chief information officer and director of IT services, said council voted on a one-time allocation of funds for the 2011 contest, but this year he is looking elsewhere given the "fiscal environment of the city."

"Instead of asking council to give us more money to do another one, we know there are enough sponsors interested in doing the app contest," said Michaud after Monday's IT Sub-Committee meeting.

"Instead of having the taxpayer pay for it, we're going to have the sponsors. So it doesn't cost anything to the city."

The next contest could happen in January, he said, to coincide with the new school term and get youth involved.

He credits the contest for catapulting Ottawa onto the open data map and considers the capital a "leader" in the industry.

"We got the citizens involved with us; they told us what they wanted, they told what kind of contest we should have, who should be on the board, what categories," said Michaud. "They were successful in getting the community engaged. We got so many apps."

Developers collaborate with each other at Ottawa's first edition of the International Open Data Hackathon in 2010. The developers from that event were involved with the first edition of the Apps4Ottawa contest. JOE LOFARO/METRO

There were about 100 apps created in the first contest. The top prize went to Ottawa Guide, an app that uses open data to give users an augmented reality-based tour of the city.

"I think (the next contest) will be bigger because of the popularity of the first one and people know what to expect, so I think it's going to be a big success," said Michaud.

JOE LOFARO/METRO

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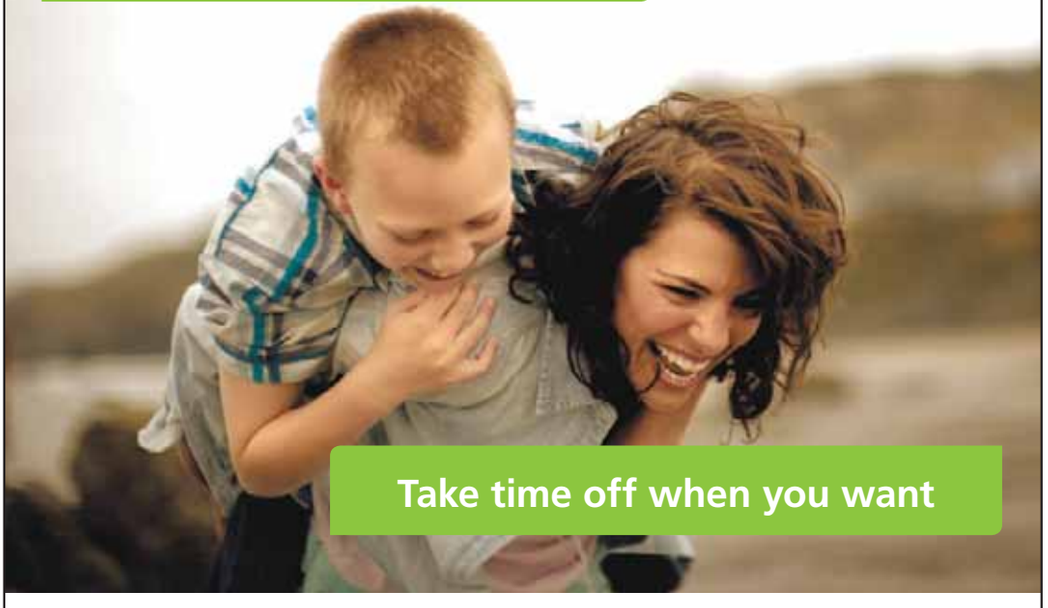

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Right to die. 'We have emerged from the Dark Ages,' ALS patient says

Gloria Taylor says she's happy that she can now have the option to "die with dignity," but she still hopes to live a long life.

The 64-year-old West Kelowna, B.C., woman, who suffers from Lou Gehrig's disease, spoke publicly for the first time Monday since her landmark B.C. Supreme Court case that saw laws banning doctor-assisted suicide in this country deemed unconstitutional and discriminatory.

"It took a long time, and now, finally, we have emerged from the Dark Ages to realize that dying is a part of living," Taylor said.

Justice Lynn Smith suspended her ruling for one year to allow Parliament time to make its next move, but granted an exemption that allows Taylor to seek doctor-assisted dying during that period.

PHYLICIA TORREVILLAS/METRO IN VANCOUVER

Gloria Taylor
PHYLICIA TORREVILLAS/METRO

Mexican beating

Government sure of conviction

Prosecutors have wrapped their case in the violent beating of Calgarian Sheila Nabb at a Mexican resort and say the fact the accused has not been freed is proof he's guilty. METRO

Travis Baumgartner

Suspect likely to be back home soon

Triple-murder suspect Travis Baumgartner could be back in Edmonton as soon as Wednesday, as investigators have wrapped up initial interviews with him in Langley, B.C. METRO

Alleged killer Magnotta returns to face justice

A convoy of police vans leaves Mirabel airport carrying Luka Rocco Magnotta on Monday in Mirabel, Que. PAUL CHIASSON/THE CANADIAN PRESS

Body-parts case.
Suspect arrives in Quebec, where he's expected to be charged with first-degree murder

Luka Rocco Magnotta, the lone suspect in a brutal Montreal killing that made headlines around the world, is back home to face justice on Canadian soil.

Magnotta landed aboard a military plane that took off from Germany, where the 29-year-old was arrested earlier this month following an international manhunt, and he arrived at Mirabel airport near Montreal just before 7 p.m. Monday.

He arrived under a wall of security.

A convoy of emergency vehicles, with flashing lights, rolled out to meet Magnotta. A half-dozen men escorted him down the stairs off the plane, onto the tarmac, and into a minivan in the convoy. Standing nearby were armed guards, at least one carrying an assault weapon.

Magnotta was being restrained on the plane, federal sources said. His fellow passengers on the military transport aircraft included officials and law enforcement from Canada and Germany, those sources added.

Magnotta is expected to face numerous criminal charges, including first-degree murder. He could face a judge as early as Tuesday.

Magnotta was arrested in a Berlin Internet café after Montreal police issued a warrant for his alleged connection to last month's killing and dismemberment of Montreal university student Jun Lin. THE CANADIAN PRESS

Court appearance

The Quebec prosecutor's office said Magnotta would likely have to appear in court within 24 hours, in keeping with Article 503 of the Criminal Code.

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Man with no legs climbs Kilimanjaro

Redefine possible.
Spencer West climbs Africa's tallest and most famous mountain

ELISHA DACEY
Metro in Winnipeg

An American man who challenged tens of thousands of Canadian teens to redefine their possible last year has done the same thing for himself.

Spencer West, who lost both his legs due to a genetic disorder when he was five and walks using his hands, reached the summit of Mount Kilimanjaro on Monday.

"It's dark right now, but the view was spectacular," said West, speaking to Metro from the top of the mountain by satellite phone.

Seven day climb

West has helped raise more than $500,000 for Free the Children during the climb. It will take about two days to get back base camp.

- He spent 80 per cent of the climb walking on his hands; the rest in his chair or strapped to a team member's back.

"We're exhausted right now and I'm sure once we're rested I'll be able to talk about things in a more inspiring way," he joked.

West is a motivational speaker with Me to We, part of Free the Children, a Canadian charity that fights for the rights of children around the world. Last year, he participated in We Day, a day of stories, music and speeches that empowers teenagers.

Spencer West leads the expedition on Mount Kilimanjaro on Day 6.
METRO/FREE THE CHILDREN

Chilliwack, B.C. Hang-gliding pilot to be tried in April on obstruction-of-justice charge

A hang-gliding pilot will stand trial next year in connection with the death of a woman who plunged to her death over the Fraser Valley in April.

William Jon Orders appeared in Chilliwack court on Monday, and his court date has been set for next April 15th.

He is charged with obstructing justice.

Lenami Godinez-Avila plunged 300 metres from the tandem hang glider Orders was flying.

Police have accused William Jonathan Orders of swallowing a memory card from his hang-glider's camera after Godinez-Avila fell to her death.

The victim, 27, was taking the tandem hang-gliding trip as a celebration of her second-year anniversary with her boyfriend.

In May, Orders made a public apology to the woman's family and friends for the incident, saying he "panicked" in the moments after the accident.

When Orders set out to take the young woman soaring through the skies over scenic British Columbia, his goal was to give her an "amazing adventure" and "lots of smiles."

William (Jon) Orders leaves a courthouse in Chilliwack Monday.
JONATHAN HAYWARD/THE CANADIAN PRESS

Instead the 50-year-old acknowledged last month that he "failed in a major way."

"I want so much to relive that day and to have it turn out differently," he said of the accident in a statement obtained recently by The Canadian Press.

THE CANADIAN PRESS

Winnipeg

Several people injured by bear spray

Several people, including a baby, needed medical attention after bear spray went off in a tent at the Red River Exhibition in Winnipeg on the weekend.

Police say the five-month-old infant and a dozen others were hit with the spray while inside a first-aid tent on Sunday.

No one was seriously injured.

Charges are pending against three boys, ages 12 and 13.

THE CANADIAN PRESS

Corruption inquiry

Quebec construction industry like a cartel: Witness

A star witness at Quebec's corruption inquiry delivered a long-awaited torrent of names as he testified Monday about a construction industry rife with wrongdoing.

Jacques Duchesneau described an industry that operated like a cartel when it came to public works — fixing prices, driving up costs and squeezing out honest competitors. Collusion was made easier by an underqualified civil service. THE CANADIAN PRESS

Fake acquisition

Chinese trader fabricates bank

Chinese trader Lin Chunping has taken fakery to a whole new level: He invented a U.S. bank and claimed he bought it.

The little-known businessman shot to fame in January when state media reported that he had taken over Delaware-based Atlantic Bank. The unprecedented acquisition brought him praise: His hometown gave him a prestigious political appointment and state media called his business experience "legendary."

Not only did he not buy Atlantic Bank in Delaware for $60 million US as he claimed, but there is no Atlantic Bank in that state.

THE ASSOCIATED PRESS

Artifact

Aboriginal art among oldest found in Australia

An archeologist says he found the oldest piece of rock art in Australia and one of the oldest in the world: an Aboriginal work created 28,000 years ago.

THE ASSOCIATED PRESS

Ancient Aboriginal rock art found in Australia. THE ASSOCIATED PRESS

North Carolina zoo

Bull elephant prescribed giant contact lenses

After C'sar the bull elephant lost weight, grew depressed and underwent surgery because of eye trouble, his keepers at a North Carolina zoo began to consider a pioneering move in pachyderm medicine: giving him a set of king-size contact lenses.

Officials at the North Carolina Zoo in Asheboro and the North Carolina State University's College of Veterinary Medicine are weighing whether the risks are worth it. C'sar's caregivers said an elephant has never been fitted with corrective lenses.

THE ASSOCIATED PRESS

Mr. Ugly misses out on modelling

Dubious honour. Zimbabwe man beat out four other ugly men to land title, $100 and a night at a hotel — which he exchanged for food money

William Masvinu, winner of the Mr. Ugly competition in Zimbabwe. THE ASSOCIATED PRESS

The latest winner of Zimbabwe's Mr. Ugly pageant has ambitions of fame and fortune. But, so far, he remains a simple market porter.

William Masvinu, 38, who won the second edition of the pageant last month, makes his living carrying loads for shoppers in a market in the impoverished western Harare township of Mbare. The victory has made him a local celebrity, but the modelling offers he thought he'd be getting aren't yet pouring in.

"I was expecting to do some adverts and some modelling if I was asked. But I'm still poor, still carrying loads of cabbages onto buses," he said. "I am ready to show the world my gift. Being ugly is not a curse. It's a gift God gave me and I'm proud of it. My face makes me special and I am not making any excuses about it."

Organizers say they started the pageant as a novel way to entertain audiences.

THE ASSOCIATED PRESS

Sweet relief from the scorching heat

An boy jumps into a water canal to cool off in Amritsar, India, Monday. Light rain in most parts of the northern region provided much relief to people from the scorching heat. ALTAF QADRI/THE ASSOCIATED PRESS

Pakistan. Pudgy police told to tone up or get out

Pudgy Pakistani police officers have been given until the end of the month to shrink their waistlines below 38 inches. Punjab police spokeswoman Nabila Ghazanfar said the province's police chief was determined to "turn the force into a fit one." She declined to comment on a report that said 77 per cent of the police in Rawalpindi had girths bigger than 38 inches around.

THE ASSOCIATED PRESS

Thailand. Topless art stirs morality debate

An episode of "Thailand's Got Talent" has stirred a morality debate after a contestant painted a canvas using her bare breasts, drawing a rebuke from the culture minister, who called it shocking.

Minister Sukumol Kunplome summoned the show's producers Monday, saying that nudity on public television is not considered appropriate in Thai society.

THE ASSOCIATED PRESS

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Islamist claims win in Egypt's presidential election

Egyptian supporters of Islamist candidate Mohammed Morsi chant slogans as they celebrate his apparent victory in Tahrir Square, Cairo, on Monday.
MANU BRABO/THE ASSOCIATED PRESS

Election. Egyptian military moves to retain power, undermining victory claimed by Mohammed Morsi

Islamist candidate Mohammed Morsi declared victory Monday in Egypt's first free presidential election since Hosni Mubarak's ouster 16 months ago. But just as polls were closing, the ruling military council issued constitutional amendments that gave sweeping authority to maintain its grip on power and subordinate the nominal head of state.

After the last-minute power grab Sunday night, the ruling Supreme Council of the Armed Forces (SCAF) pledged Monday to honour its promise to hand over power to the newly elected president by the end of this month. But the constitutional amendments stripped the president of almost all significant powers. The military decreed that it will have legislative authority after a court dissolved parliament, it will control the drafting of a new constitution and will not allow civilian oversight of its significant economic interests or other affairs.

Morsi represents the Muslim Brotherhood, an Islamic fundamentalist group that has emerged as the most powerful political faction since the uprising. The Brotherhood's Freedom and Justice Party rejected the constitutional declaration, saying it was no longer within the authority of the military council to issue such a decree with less than two weeks left for the transfer of power.

THE ASSOCIATED PRESS

U.S. reaction

In Washington, Pentagon spokesman George Little urged the ruling military to transfer full power to a democratically elected civilian government, as it pledged to do in the past.

- "We are deeply concerned about the new amendments to the constitutional declaration, including the timing of their announcement as polls were closing for the presidential election," said Little.

Gunfight. Militants burst across Israeli border, kill 1

Militants crossed from Egypt's turbulent Sinai desert into southern Israel on Monday and opened fire, killing an Israeli worker, defence officials said. Two assailants were shot dead in a gunbattle with Israeli troops responding to the ambush.

The Israeli was in a crew building a fence along the porous desert border.

No group claimed responsibility for the attack, which underscored the growing lawlessness in the Sinai desert since longtime Egyptian President Hosni Mubarak was toppled by a popular uprising last year.

Several hours after the attack, an Israeli airstrike killed two men on a motorcycle in the northern Gaza Strip near the Israeli border. The Islamic Jihad said the men were members on a "reconnaissance" mission and vowed revenge.

THE ASSOCIATED PRESS

Syria

Russia concerned for citizens, base

Syrian forces shelled the central city of Homs on Monday during a fierce offensive to root out rebels as the country's most important ally, Russia, appeared to show growing concern over President Bashar Assad's future.

Russia's Interfax news agency reported that two Russian navy ships are prepared to head to Syria to protect Russian citizens and a naval base there.

"We won't abandon the Russians and will evacuate them from the conflict zone, if necessary," Maj.-Gen. Vladimir Gradusov was quoted as saying. Each ship is capable of carrying up to 300 marines and a dozen tanks, according to Russian media reports.

That would make it the largest known Russian troop deployment to Syria, signalling that Moscow is becoming increasingly uneasy about Syria's slide toward civil war.

THE ASSOCIATED PRESS

UN

West avoids Syrian intervention

The U.S. has spent months disparaging Russia for blocking strong UN action against Syria and standing by President Bashar Assad as his forces lay waste to rebellious cities. Russia's stance is convenient for Washington and its allies, which have their own reasons for avoiding direct intervention in another conflict. THE ASSOCIATED PRESS

Protesters rally against the Syrian regime and Russia's support of President Bashar Assad in Lebanon, Sunday. THE ASSOCIATED PRESS

Media and devil fuelling Vatileaks scandal: Cardinal

Holy See. Vatican Secretary of State, Cardinal Tarcisio Bertone critical of journalism on leaked documents

The Vatican's No. 2 official on Monday blamed the media — and the devil — for fuelling the scandal over leaked Vatican documents.

Secretary of State Cardinal Tarcisio Bertone told an Italian Catholic weekly that journalists reporting on the leaks scandal are "pretending to be Dan Brown ... inventing stories and replaying legends."

The reference to Brown is particularly acute; Brown wrote The Da Vinci Code and Angels and Demons, the best-selling fictional accounts of power struggles and scandals inside the Catholic Church.

Devil at play

"The truth is that there's a will to create division that comes from the devil."

Cardinal Tarcisio Bertone

The Vatican has been on the defensive ever since sensitive documents alleging corruption and exposing power struggles began appearing in the Italian media in January.

A recent book containing dozens of documents from Pope Benedict XVI's own desk has compounded what many see as a plot to undermine Cardinal Bertone's authority.

Several top Vatican officials have castigated the media for fuelling the scandal, and, to be sure, Italian newspapers in particular have been on a feeding frenzy reporting details of the Vatican's investigation into the leaks that the Vatican spokesman routinely shoots down.

Pope Benedict XVI himself has complained about media reports that "went well beyond the facts, offering an image of the Holy See that doesn't correspond to reality." Bertone's interview took the complaints to a new level, blasting the "vehemence" of some Italian newspapers.

Bertone admitted the Holy See isn't perfect and that "none of us wants to hide the church's shadows and defects."

But he said the Italian media in particular had gone too far, violating the privacy rights of both the pope and the people who correspond with him.

THE ASSOCIATED PRESS

Protesters demand Nepal's PM step down

Supporters from the opposition Nepali Congress party shout slogans during a protest in Katmandu, Nepal, Monday. Hundreds of protesters demanded the resignation of Nepal's prime minister attacked his motorcade with stones and clashing with riot police. Opposition parties want the PM to step down so a new government can conduct elections later this year. BINOD JOSHI/THE ASSOCIATED PRESS

Man beheads daughter: Police

Police say a man upset over his daughter's lifestyle chopped her head off with a sword and then paraded it through his village before surrendering to authorities in western India.

Marble miner Ogad Singh's 20-year-old daughter had been living with her parents in the Rajasthani village of Dungarji after leaving her husband two years ago.

Police superintendent Umesh Ojha says Singh was upset by his daughter allegedly having affairs with men, and became enraged when she eloped with one of them two weeks ago.

THE ASSOCIATED PRESS

Ex-suspect in disappearance sues over insurance claim

$3.5M. Man held for months in Aruban jail after travelling companion vanished says AMEX has 'duty' to pay death benefit

An American who was suspected in the presumed death of his travelling companion in Aruba is suing to collect on a travel-insurance policy issued in the woman's name.

Gary Giordano says in a lawsuit that AMEX Assurance Company is required to pay him $3.5 million under the terms of a policy purchased before last summer's trip. He says in the suit that his companion, Robyn Gardner, is presumed dead following her Aug. 2 disappearance and that the insurance company has a "duty to pay the full death benefit" to him.

Giordano was held for months in an Aruban jail on suspicion of being involved in Gardner's disappearance, and the insurance policy's existence had caught the attention of investigators. But an Aruban judge ordered him released in November, saying prosecutors didn't have enough evidence to continue holding him. Giordano has denied wrongdoing and says Gardner was swept out to sea as the two snorkelled, though her friends and family have expressed doubt about that statement.

He says in the lawsuit that Gardner was covered under a July 27 policy that afforded $3.5 million in benefits in the event of accidental death or dismemberment. Giordano told The Associated Press the lawsuit speaks for itself and declined further comment. The suit was filed Thursday.

American Express Co. spokeswoman Gail Wasserman declined to discuss the specifics of the case, but she said policyholders generally have to wait one year before filing a claim in instances which a person is believed dead but a body has not been recovered.

THE ASSOCIATED PRESS

Left: Robyn Gardner, presumed dead. Right: Gary Giordano. THE ASSOCIATED PRESS

Ukraine. Jailed former PM now faces murder charges

Ukraine on Monday defied Western pressure to end the prosecution of the imprisoned former Prime Minister Yulia Tymoshenko, with a top prosecutor saying she will be charged in connection with a murder from 16 years ago.

The statement is likely to draw further anger from the United States and the European Union, who have condemned Tymoshenko's seven-year jail sentence as politically motivated. Top EU officials are already boycotting the European soccer championship matches hosted by Ukraine this month because of the Tymoshenko case.

The ex-premier, a charismatic heroine of Ukraine's 2004 Orange Revolution, alleges President Viktor Yanukovych, a longtime foe, threw her in jail to bar her from parliamentary elections this fall.

Yulia Tymoshenko THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

'Mini al-Qaida cell'

U.S. man pleads guilty to conspiracy

A U.S. man accused of trying to start what prosecutors called "a mini al-Qaida cell" pleaded guilty Monday to federal charges of conspiracy and providing material support to a terrorist organization. THE ASSOCIATED PRESS

Philippines

Terror financiers to be punished harshly

Philippine President Benigno Aquino III signed a law Monday that makes terror financing a crime with a long prison term in a nation hit with attacks that continues to battle militants. THE ASSOCIATED PRESS

Typhoon hits Philippines

A boy pedals his bicycle along a flooded street in suburban Malabon, north of Manila on Monday. Heavy rains triggered floods in several areas in the city, forcing some schools to suspend classes in the morning as powerful typhoon Guchol exited the country towards southern Japan.

AARON FAVILA/THE ASSOCIATED PRESS

StatsCan. Despite economic growth, family incomes remain stagnant: Report

The growing economy hasn't done very much to boost Canadian incomes, a new report from Statistics Canada confirms.

The agency reported Monday that median, after-tax income for families of two or more amounted to $65,500 in 2010, virtually unchanged from 2009 or the year before after adjusting for inflation.

The result was slightly better for two-parent families with children. That segment saw median, after-tax income grow to $78,800 from $77,200 the year before.

There was no data from 2011, but weekly wages and other income reports suggest that there would likely be little improvement last year as well, analysts said.

That's still a better record than what has occurred in the United States, where incomes have actually contracted, but economist Benjamin Tal of CIBC World Markets says Canadians should take little comfort.

Another factor restraining income growth, Tal said, has been poor productivity growth.

The latest reading follows a report last week that showed average household debt in relation to disposable income had risen to a record 152 per cent at the end of 2011. Statistics Canada noted that the rise in the debt ratio was not due to Canadians borrowing more, but to stagnant incomes.

THE CANADIAN PRESS

Negative outlook

"Something is not working here — this is not a positive report."

CIBC economist Benjamin Tal, on StatsCan's new report on Canadian family incomes

Microsoft unveils new tablet computer, Surface

Competitive edge. Decision to make its own device a departure for the company, which usually focuses on software

Microsoft CEO Steve Ballmer.
ELAINE THOMPSON/THE ASSOCIATED PRESS FILE

Microsoft has unveiled Surface, a tablet computer to compete with Apple's iPad.

CEO Steve Ballmer was on hand to announce the new tablet, calling it part of a "whole new family of devices" the company is developing.

One version of the device, which won't go on sale until sometime in the fall, is 9.3 millimetres thick and works on the Windows RT operating system. It comes with a kickstand to hold it upright and a touch keyboard cover that snaps on using magnets.

The device weighs under 1.5 pounds and will cost about as much as other tablet computers. Its debut is set to coincide with the upcoming fall release of Microsoft's much-anticipated Windows 8 operating system.

Steven Sinofsky, president of Microsoft's Windows division, called the device a "tablet that's a great PC — a PC that's a great tablet."

A slightly thicker version — still less than 14 millimeters thick and under two pounds — will work on Microsoft's upcoming Windows 8 Pro operating system and cost as much as an Ultrabook, the company said.

The pro version comes with a stylus that allows users to make handwritten notes on documents such as PDF files.

The more hands-on approach with its tablet indicates that Microsoft either lacks confidence in the ability of its PC partners to design compelling alternatives to Apple's iPad or it believes it needs more control to ensure Windows plays a major role in the increasingly important mobile-computing market.

Whatever Microsoft's motives, the company's tablet plans risk alienating some of its longtime partners in the PC industry.

THE ASSOCIATED PRESS

Real estate

Sales of recreation properties up, RE/MAX reports

Lower prices, increased selection and a rebound in consumer confidence have helped drive sales of recreational properties higher across the country, real-estate firm RE/MAX says. RE/MAX said of the 33 markets included in its report, sales were ahead of last year's mark in 70 per cent of the communities surveyed. THE CANADIAN PRESS

Marketing deal

AmEx cardholders to skip long lines at Toronto airport

American Express Canada will send its premium cardholders to the front of more security lines at Toronto's Pearson International Airport under a deal that gives the credit card company prime ad space in Canada's busiest air hub. Platinum cardholders will be able to skip longer security lineups throughout terminals 1 and 3. THE CANADIAN PRESS

Safety scare

Samsonite pulls luggage from Hong Kong stores

Samsonite International pulled its Tokyo Chic line of luggage from Hong Kong stores after the local consumer council reported finding high levels of compounds linked to cancer in the handles. Traces of the compound may have been left during manufacturing, the council said, but the company insists the bags are safe. THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.65¢ US (-0.18¢)

TSX 11,601.13 (+76.23)

OIL $83.27 US (-76¢)

GOLD $1,627 US (-$1.10)

Natural gas: $2.635 US (+16.8¢)
Dow Jones: 12,741.82 (-25.35)

Canada's National Notary Public Company
Notarization & Legalization
Over 100 Locations Across Canada
Mobile Notary
Certified True Copies
E-Document Certification
Notarization & Commissioners of Oaths
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VALIDATING OUR LIVES THROUGH THE LENS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently went on a holiday to the sun-soaked Greek island of Santorini. We'll call it a working vacation since I was on bridesmaid duty for my best friend's wedding. Needless to say, it was phenomenal. The picturesque surroundings and memorable milestones warranted countless photo opportunities.

While away, I found myself capitalizing on any opportunity for free Wi-Fi so that I could go online to post real-time updates and digital snapshots for my friends and followers back home. Because if you don't record it, upload it, share it and tweet it — did it even really happen? Nobody asked me about my trip when I returned; they had seen it all thanks to my jealousy-inducing stream of Instagram activity.

When I was younger, I used to pore over my mother's photo albums filled with weathered snapshots of her on beaches and in fields looking perfectly dishevelled, dressed in her 1970s hippie garb. The photos are rinsed in sepia tones, the images are grainy, the edges blurred.

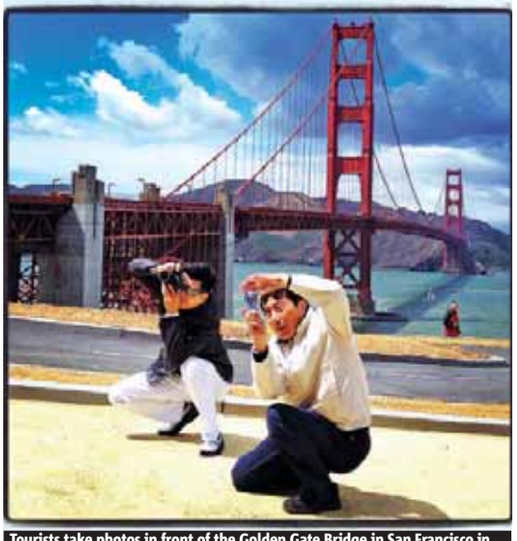
Thanks to apps like Instagram and Hipstamatic, I have thousands of faux-analogue images with those same qualities but without any of the authenticity. Flaws and colour saturations that were once accidental have been applied so meticulously in order to make the perfect imperfect image.

Today, our mundane realities are manipulated, elevated and given a veneer of artistry with a strategically applied "Valencia" filter. For anyone who has ever wanted to experience a false sense of nostalgia for a time before they were even born, there is indeed an app for that.

Outside the smartphone realm, Urban Outfitters has reintroduced Lomography and Holga cameras to the masses, creating an entire cottage industry by selling an idealized retro aesthetic to a new generation of shutterbugs. Except, this time around, those prints aren't treasured keepsakes stored in leather-bound albums; they're digitized, categorized, Tumblred and hashtagged until they become something else entirely.

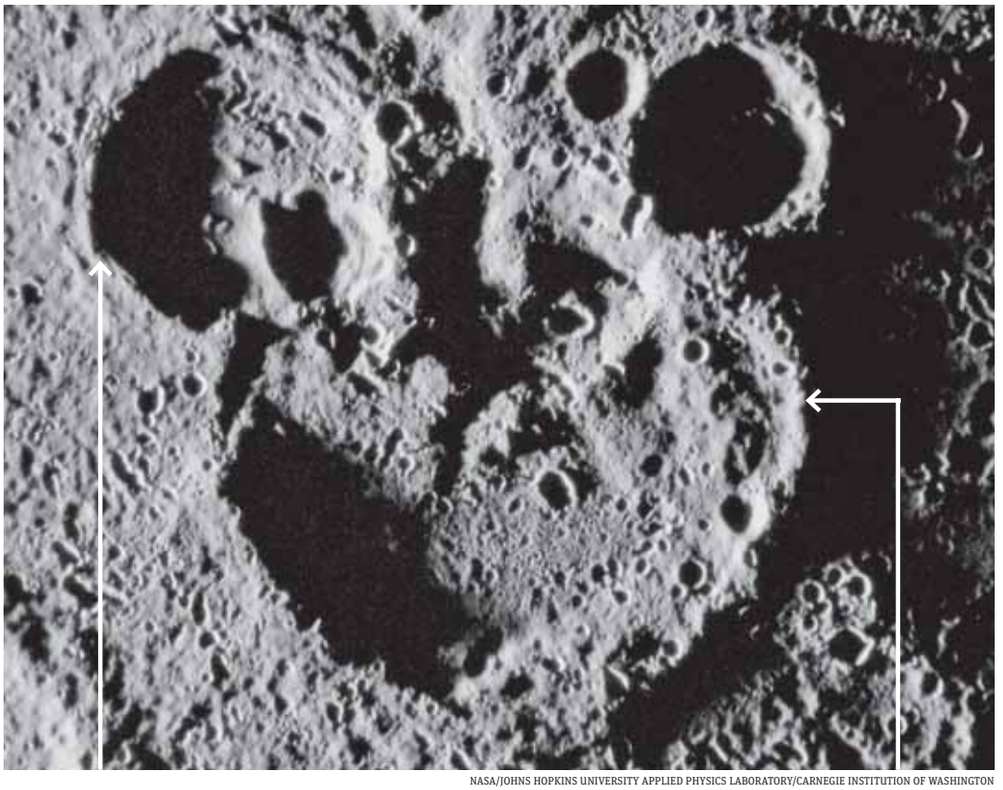
All photographs are inauthentic in a way. By capturing an instant in time, the boundaries of those realities are cropped, the subjects' poses suggesting acute awareness of their being snapped. The very act of taking photographs makes experiences staged and, in turn, less real.

While I delight in the preservation of memories, I believe in the importance of leaving the camera (and the iPhone) at home sometimes, even when you're on vacation. We need to remind ourselves to be fully present in our unfiltered realities, to enjoy the fleetingness of life and to let our memories be all that we take away.



Tourists take photos in front of the Golden Gate Bridge in San Francisco in this file photo. The image was created using the iPhone 4S with Instagram's 'LoFi' filter. JUSTIN SULLIVAN/GETTY IMAGES

Mercury is sooo Mickey Mouse



NASA/JOHNS HOPKINS UNIVERSITY APPLIED PHYSICS LABORATORY/CARNEGIE INSTITUTION OF WASHINGTON

Planetary research

Big celeb found on small planet

It looks like Mickey Mouse has made a big impact on planet Mercury.

But, in truth, the familiar silhouette is a group of craters in Mercury's southern hemisphere.

The image was taken by NASA's Messenger orbiter spacecraft, which is gathering photographic data about the solar system's innermost planet.

METRO WORLD NEWS

Studying craters

- **NASA's Messenger.** Launched in 2011, the probe has taken more than 100,000 images of craters on Mercury's surfaces. Experts hope craters will tell more about the planet's history.
- **Strange cosmic resemblances.** The 215-kilometre-wide Galle Crater on Mars looks like a gigantic smiley face, while Saturn's moon Mimas has an uncanny resemblance to the Death Star from Star Wars lore.

'The happy face crater' on Mars' surface, officially known as the Galle Crater. MALIN SPACE SCIENCE SYSTEMS/NASA

Size of this Mickey

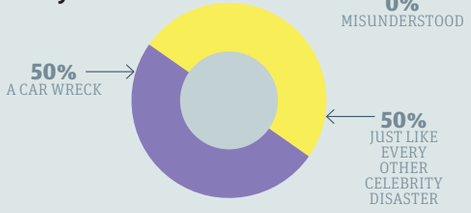
100 km

The approximate diameter of the "face" (large, middle crater) of this Mickey Mouse likeness.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Lindsay Lohan is ...



Twitter

@stickchick4ever: @SensTown drinking on a Monday afternoon eh... Oh well, whatever makes ya happy!

@luwedge: @miichelleed No rivalry should go that far. Not even the Portuguese and Italians in Europe take it that far. Too many killings in TO lately

@KasiaFlood: Found a hoola hoop and now I'm hoopin while I wait for ma ride

@ZachBruskotter: its really hot out...im really bored. and theres nothin to do.. at all

@miizkeriibabiie: STFU CROWS #OMFG #SOANNOYED

@erinmccallan: haate immature people

metro

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DVD reviews

Big Miracle

Director. Ken Kwapis

Stars. Drew Barrymore, John Krasinski, Kristen Bell

●●●○○

Big Miracle fictionalizes the details in its telling of the 1988 effort by residents, the U.S. military and two global superpowers to rescue three whales trapped in Arctic ice. Drew Barrymore plays shrill activist Rachel Kramer, who often alienates the people she needs to win over. That includes her ex-boyfriend, Adam Carlson (John Krasinski), who is an ambitious small-time TV reporter. His reports bring Kramer and a horde of other media types, as well as local Inupiat hunters. The best characters are the whales, animatronic behemoths that look incredibly real. They're the centrepiece of this feel-good comic tale that works its way to an exciting conclusion. **PETER HOWELL**

Project X

Director. Nima Nourizadeh

Stars. Thomas Mann, Oliver Cooper

●●●○○

Project X is actually a slag heap of similar films, spanning the booger-flicking expanse from Animal House to Superbad. The difference here is the way Project X so aggressively ups the ante for outrageous sex, drugs and property damage. The film reflects so poorly on American life and values, it could serve as an Al Qaeda training video. The setup is simple: shy Thomas is turning 17, and his best buds want to throw the mother of all parties at Tom's house. Mom and dad's place is trashed so badly you may have to watch the screen — horrified — through your fingers. **STEVE GOW**

Elijah Wood, right, and Jason Gann play man and man's best friend in quirky dark comedy Wilfred, returning for its second season on FX Canada.

Doggone Wilfred's back

This ain't ALF. Lead and co-creator discusses why the show works

MIKE DOJC
2forcouples.com

In Wilfred (FX Canada), Ryan, a sad sack lawyer (Elijah Wood), strikes up a peculiar friendship with his neighbor's pooch. He sees Wilfred as a foulmouthed Australian in a shaggy dog suit while everyone else sees him as a cuddly mutt.

With the second season premiering on Thursday, we tossed Jason Gann, series co-creator and the man in the costume, some meaty bones to chew on.

What's the most cockamamie theory you've read on a message board from Wilfred fans?

People will get on there and go what is going on, is he this, is he dead, what's going on? Inevitably, a bunch of fans who've been on there for awhile will jump on and say you've just got to enjoy it, don't overanalyze it, don't over-think it, just go with it. I think people were driven crazy by the season one finale.

Wilfred and Ryan seem like an old married couple. What would a couples' counsellor make of their relationship?

You've obviously been in the writers' room. Look, I think it's a really good romance between the two. I guess you'd call it a co-dependent relationship that is maybe not healthy.

Despite all the trouble Wilfred gets Ryan into, do you think Ryan is ultimately better off having him in his life?

Definitely, because he's living. Part of life is making mistakes and getting out there into society because that's where he really struggles and those are the things that make you stronger and really define and make you who you are.

But, put it this way, would you like a friend like Wilfred?

No. Quite simply put. Fans are telling me all the time, I want a Wilfred and I'm like do you really? I'm not sure you do, you might have fun watching someone else have a Wilfred but it would be pretty wild. Maybe I could deal with it if it was for half an hour a week.

Wilfred's owner, Jenna, manipulates Ryan almost as much as the dog does. Is he in "puppy" love with her?

Ryan has a lot of stakes in a girl who isn't giving him a lot back romantically or as a friend really. We have to assume that a lot of it has happened off-screen. But yeah, it would be puppy love because it isn't really grounded in a truthful relationship, and they haven't developed one yet.

Have you ever been as whipped as Ryan?

Maybe for a week. Look, I've been heavily in love with girls but, from an early age, I saw what happened to nice guys. So even if I wanted to be like that, even if everything in my body was telling me to do so, I've resisted because they don't respect it ... well, they do and they don't. That doesn't mean I don't treat women well in my life. I really do. I treat them like queens.

Really?? Never even been a little whipped?

What am I saying, one of my last girlfriends used to send me to the dry cleaner all the time. I'd also drive her to work in the morning and she'd inevitably forget something and I'd have to drive her back. But it wasn't because I was desperately in love; this somehow just happened.

As manipulative and deceptive as Wilfred can get, he still manages to be endearing and loveable. What's his secret?

Well I don't pat myself on the back too often but that, I have to say, is a Jason Gann thing. My friends have always said that's just you in a dog suit. I have forever gotten away with saying things and doing things that people just generally don't. I've heard all my life, 'Jason if anybody else did that I would have thought he's the most disgusting creep, but for some reason when you do it it's okay.' I kinda bring that naughty cherub element to the character and it's something that's worked for me personally so it's fun to play with in the character.

2 SCENE

Scene in brief

Jack Osbourne facing MS

New father Jack Osbourne is facing a diagnosis of multiple sclerosis. The former reality star and son of Ozzy and Sharon Osbourne revealed his health crisis in an interview with People, released Sunday. He told the magazine he was angry and frustrated when he found out, and he's concerned about his family. Osbourne and his fiancée Lisa Stelly had daughter Pearl in April. Multiple sclerosis attacks the brain and spinal cord, and can cause somewhat mild problems or serious disability, such as paralysis. Jack Osbourne gained fame as a teen when his heavy metal father and his mother allowed the family to be profiled in the MTV reality show The Osbournes.
THE ASSOCIATED PRESS

On the web

Furries meeting in Pa. looking for fun; out to 'shed' reputation of fetishes, weirdness

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Celebrity Olympians

From Hollywood royalty to actual royalty, some stars bring glamour to the Games. Here are our top six.

KIERON MONKS, METRO WORLD NEWS

Zara Phillips

Queen Elizabeth II's granddaughter Zara Phillips is to represent the British equestrian team at the London 2012 Olympics. This will be the 31-year-old Royal's first Olympics, despite a rich riding career that included gold medals at the 2005 European Eventing Championship.

Princess Anne

Zara's mother appeared at the 1976 Games, riding the Queen's horse Goodwill. Anne also won European medals and became even more famous by becoming the first Royal to appear on a TV quiz show, when she was a contestant on the BBC's A Question of Sport in 1987.

Greg Louganis

The finest diver of his generation, Louganis won gold medals at the 1984 and 1988 Games. He was then diagnosed with HIV and became a high-profile gay rights activist, campaigning against the U.S. army's Don't Ask, Don't Tell policy. He also wrote a best-selling autobiography and starred in a string of movies and TV shows.

Johnny Weissmuller

A U.S. swimmer who won gold at the 1924 and 1928 Olympics, Weismuller went on to enjoy a successful acting career. The high point was a starring role in the official Tarzan films, for which he claimed to have invented the jungle character's trademark yell.

Sonja Henie

Norwegian figure skater and film star, Henie remains the most successful female skater in history with three Olympic gold medals between 1928-1936. She then signed with Fox studios as an actress and performer. Henie has her own star on Hollywood Boulevard, but was a controversial figure for her personal relationship with Adolf Hitler.

Muhammad Ali

Well before he became a global icon, Ali was an 18-year-old Cassius Clay from Louisville, Kentucky who bagged a gold medal as an amateur boxer at the 1960 Olympics. He would go on to convert to Islam, be one of the first social activists to protest against the Vietnam War, and become one of the greatest sporting athletes of the 20th century.

Kate peeps about her prince

Kate Middleton is usually pretty tight-lipped about life married to Prince William, but she did open up to a group of inner-city youth during a visit to their outdoor learning centre, according to Us Weekly. "William is very sweet and kind of spoils me," Middleton told one of the children. Of course, seeing Middleton working so well with children begs the question of when she and William will start a family of their own, and royal sources say sooner rather than later.

"There's a window in place," a source says, explaining that the couple is hoping to get pregnant between September and next summer. "The pregnancy will be announced. It won't be hidden."

Kate Middleton

Lindsay Lohan

Want to take a snooze under the strobe lights?

Lindsay Lohan must bounce back quickly. After being treated for exhaustion Friday — brought on by her hectic filming schedule — the troubled actress was out Saturday night partying at the Chateau Marmont, according to Us Weekly.

"For someone so exhausted, it was shocking to see her out past 1 a.m.," a source says. Lohan, who was reportedly still in hair and makeup from the Elizabeth Taylor biopic she's filming, stayed until hotel's restaurant cleared out for the night.

Twitter

@ActuallyNPH
Thanks so much for all of my B'day tweets! I had a spectacular day in Montreal w/ the delicious @ DavidBurtka. I'm liking this 39 stuff!

@BetteMidler
Assassins! Something has murdered two of my chickens, Khloe and Kourtney! It gnawed thru the chicken wire and pounced...poor dears. RIP.

@AlbertBrooks
I worry about Lindsay Lohan. And not just because I loaned her $1100.

@lindsaylohan
Note to self.. After working 85hours in 4days, and being up all night shooting, be very aware that you might pass out from exhaustion & 7 paramedics MIGHT show up @ your door.... Hopefully theyre cute. Otherwise it would be a real let down.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

They say it's over, that it's over, but it's far from over

MONICA WEYMOUTH
scene@metronews.ca

What seemed to be a relatively minor bar fight between Chris Brown and Drake last week is still brewing.

The Manhattan nightclub where the incident took place, W.i.P., has been closed down due to multiple code violations, according to the Associated Press.

As for the fight itself, a source tells the Associated Press that the two hip-hop stars weren't even involved in the bottle-throwing brawl, claiming it was "entourage versus entourage, never Drake versus Chris," shooting down the theory that the two were fighting over Rihanna.

Rapper Meek Mill — who was at the club with Drake, and was initially identified as an instigator — also says the stars weren't involved.

"Chris and Drake, them two was there, but it's other people that be around that take sh— to the next level," he tells MTV.com.

"Things just happen in the club. I seen girls in there throwing bottles. I never seen Chris Brown or Drake throw a bottle, and I was there."

While Brown has already talked to cops, Drake has declined to answer questions. "Why would he turn himself in when he did not commit any wrongdoing?" his rep told the New York Post in a statement on Sunday.

The only thing more annoying than a hip-hop fight is a never-ending non-hip-hop fight between entourages and publicists. This thing is one airborne bottle of Skinnygirl Margaritas away from being a Real Housewives episode.

Gomez goes wild on web, but that's where it ends

Selena Gomez's popular Fifty Shades of Grey spoof made for humour site Funny or Die is about as close as the former Disney star is going to get to the racy, mega-popular material, according to MTV News.

"I know I'm taking risks, but I don't think I could do that," Gomez says when asked about starring in the planned movie version of the book.

"That would be a little too much for me."

Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen to shut the door on showbiz

After his new show, Anger Management, wraps, Charlie Sheen plans to retire from acting.

"I've been doing this 30 years. And there's a lot more out there to do than make-believe, you know?" the former Two and a Half Men star tells the New York Times.

"I mean, I'm grateful. I've got a dream life as a direct result of television, you know? But at some point you just get tired of wearing somebody else's clothes, saying somebody else's words and working in somebody else's space."

I'm not gonna fake it

"...At some point you just get tired of wearing somebody else's clothes, saying somebody else's words and working in somebody else's space."
Charlie Sheen

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3 LIFE

Health minute

Cold virus holds promise as cancer therapy

Researchers have shown that a cold virus known to destroy cancer cells can be delivered to a tumour through the bloodstream without falling prey to killer antibodies on the way. In a study published Wednesday in the journal Science Translational Medicine, the researchers found the "reovirus" hitches a ride on blood cells and uses them as a shield against the immune-system cells. The reovirus holds promise as a possible new way of treating cancer.

THE CANADIAN PRESS

On the Web

Deaths and costs to society are lower in areas with toughest motorcycle helmet laws

From baby bump to beach body, the transition isn't as hard as it used to be. METRO WORLD NEWS

How a Victoria's Secret angel got her body back

Sexy in summer. We speak to Leandro Carvalho, personal trainer to Victoria's Secret "angel" Alessandra Ambrosio

ROMINA MCGUINNESS
Metro World News

Having a baby is a life changing moment — sometimes not always for the best.

The lack of sleep, dirty diapers and the fact you've turned into a milk-making machine can be overwhelming. And however much some women would love to get their pre-baby body back, most have no idea how, or when it's OK to start exercising again. Leandro Carvalho tells us how to achieve post-baby body perfection.

Post-delivery recovery

"Women who give birth naturally need to wait around four weeks before they can start exercising again. The recovery period goes up to six weeks if they've had a caesarian," Carvalho tells Metro.

A serious operation, a caesarian limits the type and amount of working out that can be done months after giving birth. In other words, it'll be a while before you can run, jump, cycle or do squats, lunges and sit-ups again.

But not all new moms can hope that newborn-related stress and breast-feeding alone will help them lose the baby weight. For that reason, Carvalho found a way to increase heart rate and trigger weight loss- with zero impact.

Here's how it goes:

By the numbers

30

Personal trainer Leandro Carvalho recommends doing 30 minutes of intense cardio exercise three to four times a week if your aim is to change your body shape and lose weight.

Walk in incline

Start with the easiest exercise known to man: walking.

Carvalho advises you start off slow, maintaining a speed anywhere between two to 3.5 km/h on a five per cent incline (if on a treadmill). Never go faster than 4.0 km/h as this is basically running and no high impact exercise is allowed until at least two months after giving birth.

If your ultimate goal is to lose fat, you'll need to keep going for at least 30 minutes:.

"Ten minutes on the treadmill is a good warm up, 20 minutes is good for your health but if you want to burn fat, you need to go beyond the 25 minute mark. Up until that point, your energy comes from the glycogen stored in the muscles, but after 25 minutes, your body gets its energy by burning fat," he adds.

Once you've walked in incline for a minimum of 25 minutes you can move on to the floor exercises.

The safest strategy: add some weight

Your workout intensity is limited and you'll need to be patient if you want results. You can't jump or run around, so challenge your body by wearing ankle weights and weighted gloves during your workouts.

"Adding light two to eight pound ankle weights when doing leg lifts (such as a kneeling leg lift) or weighted gloves when doing arm movements will increase the intensity of a move," explains Carvalho.

Slowly building up your resistance and the number reps will tone and sculpt your body. Start with 20 to 30 reps for each move, eventually working your way up to 100.

Beautiful Legs Begin Here!

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David Suzuki is encouraging people to get out and enjoy nature. GETTY IMAGES

Take the green pill and fall down the nature rabbit hole

Decrease stress. New research shows getting out into the wild helps bring calmness to your hectic life

CELIA MILNE
life@metronews.ca

Are you lethargic? Tired? Can't concentrate? Maybe you have green deficit disorder.

That's right. The family needs a hit of nature. Take a hike! was the theme of a recent evening at the Art Gallery of Ontario, hosted by David Suzuki and Richard Louv. Suzuki is a well-known writer, broadcaster and environmental activist in Canada, while Louv is a journalist in the U.S. who wrote, Last Child in the Woods and The Nature Principle.

"The more high-tech our lives become, the more nature we need," Louv is fond of saying.

More and more research is accumulating on the health benefits of frolicking among trees. A new study conducted at the University of Kansas found that a group of adult backpackers were 50 per cent more creative after spending four days on the trail, implying that nature sharpens the mind.

Researchers at the University of Illinois recently found that children with attention deficit hyperactivity disorder who regularly play in green settings have milder symptoms than children who play in built settings. And scientists at Cornell University found that children who have more contact with nature — even if it's just the view of something green from their bedrooms — experience less stress than those with less exposure.

Suzuki advises us to help protect every bit of wild nature that's left on the earth.

"We need our elders to get off the golf course and start sharing with young people what the world used to look like," he told the audience.

Quote

"The more high-tech our lives become, the more nature we need."

Richard Louv
Talking about getting back to nature

Best Health

Cooking away the good parts

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Is food less healthy when heated?

In each issue of Best Health magazine, we analyze whether some common assumptions are based on fact or fiction. In our Summer issue, we look at whether cooking causes foods to lose their nutritional value. Many people think it does. But here's what we found out.

Some foods do lose their nutritional content when cooked, but to varying degrees. Generally, foods retain the most nutrients when they are steamed, stir-fried or microwaved.

Water-soluble vitamins like C and the B family leach into water and are damaged by exposure to heat, light and air. So to get the most benefit, you may want to minimally cook foods that are high in those vitamins – for example, sweet peppers and asparagus. With meat, the fat and calorie content depends on how it's prepared. Grilling and broiling will allow fat to drain away from the meat, and result in a leaner dish than one left to simmer in a sauce. For more nutritional news and information on healthy living, check out Best Health, on newsstands now.

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Buon appetito! Manicotti, gelato and cannoli all shine

Spinach and Ricotta-Filled Manicotti ($9.95). SHARI GOODMAN

LUNCH RUSH
Shari Goodman
life@metronews.ca

Pasticceria Gelateria Italiana (PGI) is a mouthful. I lovingly refer to it as the gelato place on Preston, but it has more than gelato to offer. With a covered patio, you can enjoy your lunch outside along with the din of Preston Street traffic or stay inside at one of the many tables for four.

The coffee bar includes regular java favourites along with unique Italian beverages. I ordered a passion fruit Italian soda that was refreshing.

For lunch, there are always several specials from which to choose.

The Spinach and Ricotta-Filled Manicotti came with a fill-the-side-plate-sized bun, but it tasted airy and stale.

The manicotti was made with love and fresh ingredients and the combination was tasty. My only complaint was seasoning and temperature: More salt and heat would have made it perfect.

For dessert, cannoli is made to order. It was filled with cream, and was crunchy and sweet.

PGI is a destination for a taste of Italy and gelato.

Visiting the restaurant

Pasticceria Gelateria Italiana

Address. 200 Preston St.

Phone. 613-233-2104

Rating. 3.5/5

Price range. $

Reservations. Yes

Business lunch. Yes

Social lunch. Yes

Quick solo lunch. Yes

Salmon Dill Appetizer.
Serve this fresh and light app over lettuce leaves

1. In bowl, combine veggie dip with remaining ingredients and gently fold together.

2. To serve as an appetizer, arrange few lettuce leaves on plate and place mix in centre. Garnish with radishes, if desired. For first course, arrange salad greens on two plates and divide salmon mixture between them. Serve with pita chips, crackers or cucumbers.

THE CANADIAN PRESS/MARZETTI OTRIA VEGGIE DIP

Ingredients

- 175 ml (3/4 cup) feta Greek yogurt veggie dip
- 250 g (8 oz) cooked salmon, skin removed and flaked
- 125 ml (1/2 cup) chopped large portobello mushrooms, gills removed
- 125 ml (1/2 cup) chopped fennel
- 2 chopped scallions
- 15 ml (1 tbsp) chopped fresh mint
- 15 ml (1 tbsp) capers (optional)
- Salt and pepper, to taste
- Lettuce leaves
- Radishes, sliced thin
- Toasted pita chips, crackers or thick slices of cucumber

Exotic tastes & crunch

1. Remove outer three layers of lemon grass stalk and cut tender middle section into 1-inch pieces. Bruise lemon grass. In bowl, combine lemon grass, garlic, green onion, black pepper, sambal sauce, sugar, salt, oil and fish sauce. Coat chicken and marinate 30 mins.

2. Sweet chili cilantro mayo: combine the mayonnaise, honey, sambal sauce, cilantro and salt in mixing bowl.

3. Coleslaw dressing: In separate small bowl, combine sugar, vegetable oil, lime juice and salt. Pour on shredded cabbage and carrots, and toss to coat.

4. Remove chicken from marinade. In pan, heat oil for 1 minute and fry chicken 15 mins. on med., turning halfway through. Remove from heat.

5. Spread cilantro mayo on toasted buns. Slice chicken and place on bun. Finish with coleslaw. NEWS CANADA/DITALIANO.CA

Ingredients

- 2 stalks lemon grass
- 3 cloves garlic, minced
- 2 stalks green onion, minced
- 1/4 tsp (1 ml) black pepper
- 1 tsp (5 ml) sambal sauce
- 2 tbsp (30 ml) sugar
- 1 tsp (5 ml) salt
- 1 tbsp (15 ml) oil
- 2 tbsp (30 ml) fish sauce
- 4 small half chicken breasts, lightly pounded with flat meat mallet

Sweet Chili Cilantro Mayo:

- 1 cup (250 ml) mayonnaise
- 2 tbsp (30 ml) honey
- 2 tsp (10 ml) sambal sauce
- 3 tbsp (45 ml) cilantro, chopped
- Salt to taste

Asian Coleslaw:

- 3 tbsp (45 ml) sugar
- 2 tbsp (30 ml) vegetable oil
- 3 tbsp (45 ml) lime juice
- 1 tsp (5 ml) salt
- 1/2 lb (250 g) shredded cabbage
- 1/2 lb (250 g) shredded carrots
- 4 D'Italiano sausage buns, toasted

Family arguments can be tricky business

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

In a recent telephone conversation with an extended family member, there was a long drawn out discussion regarding a particular family event and what transpired during that event. We exchanged opinions, some of which caused disagreement on the perception of the event. In any case, voices were raised and then all of a sudden the line went dead. The other party hung up on me. I am now being asked to apologize for the things that I said and for my opinions, which apparently have caused "offence" to this person. I am not feeling the need to do so. How do I address this tactfully/diplomatically and or refuse to apologize?
Yours truly,
Ms. Diplomatic

Dear Ms. Diplomatic,

What a dilemma! I guess my first question for you is how strongly do you feel about this issue and subject? If it really doesn't mean very much to you, then I would personally just apologize and let the entire situation close.

However, if you do feel very strongly, a few points: Firstly, it was very rude of the other person to hang up on you — that is something that should never be done. If you must hang the phone up in anger, then say so and put the phone down.

Here are your options for consideration:

1. Try calling and apologizing for the situation getting to where it is and try to finish the conversation, calmly explaining your point of view, but respecting theirs. It is OK for two people to agree to disagree.

2. Try sending an email or letter, again following the path above. However, I believe email leads to such a misinterpretation, so it's always easier to speak face to face.

3. Finally, as a last resort, go to a family member who is well respected by this other person and try to get them to help negotiate some peace between the two of you. Don't ask them to agree or plead your case, but just to try and get the two of you talking and to explain that it is OK for you both to have different opinions, but that fighting is really not the answer. Please do let us know how things turn out, best of luck!

Advice

Time to change your approach

Hey Sisters,
I was in a five-year relationship with a girl I met in university. We lived together and when the time came to pop the question I realized she wasn't the one for me. I've been single for a few months and have been going out with my friends to meet someone new. It's been fun, and I do talk to a lot of people, but no one has really captivated me. I'm starting to get fed up with looking, and I'm not sure what I'm missing. Any advice that doesn't involve eHarmony?
Hungry for More

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Andrea: Dear H4M,

Being single after a long relationship with that not-quite-right-someone is like being released into the woods to fend for yourself. There's a wonderful feeling of independence and everything is bright and exciting ... until you get hungry. You now have two options: a) die b) persevere. Chances are you're choosing the latter, so make better traps or forge better weapons. In other words, modify who you are and how you approach.

Maybe you haven't been ready to meet someone worthwhile and subconsciously aren't aligning yourself with this goal. Maybe to meet someone different, you have to be different. Imagine who you want to meet and the kind of person you see her with. Try to be that person, and let the universe do its thing, eHarmony not required.

Claire: Dear H4M,

Newly single people who come out of long-term relationships think that the outside world is a big vending machine of available singles that will pop out the right one for them ... if they can just figure out which buttons to press. Nope. That's e-Harmony. The older we get, the busier we get, the more baggage we amass, the more set in our ways we are.

It's harder to meet people. It may take time, and you will definitely get fed up. I have no better advice than to tell you to keep going, keep trying, and try to actually enjoy the freedom, the loneliness, and even the self-doubt. These are the ingredients to a more well-rounded man who is happy with himself. And there is nothing a woman likes more. Onwards.

Pay down your mortgage.

Thirty-four years old and living with the 'rents: Matthew McConaughey, centre, starred in Failure to Launch along with Kathy Bates, left, and Terry Bradshaw back in 2006. CONTRIBUTED

Boomerang kids back in the nest?

Young and broke. They have huge debts and can't find jobs — what to do when your children grow up and move back in

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

An amusing comic strip recently showed a teenager asking his parents to lend (meaning give) him $20 so he could go out for a movie and pizza with his friends. His mother pointed out that he had a part-time job and savings in the bank. "But that's my money!" her son protested.

This seemingly innocent me-ness of the teenage years is spilling over into adulthood. One third of parents with a youngest child between 20 and 34 have at least one offspring living at home according to a 2011 Statistics Canada report. And one quarter of those enjoying Hotel Mom and Dad have left the nest only to return — the so-called boomerang kids.

It isn't surprising. After all, the Vanier Institute of the Family pegs the average debt for those with an undergraduate degree at around $18,000, but the Canadian Federation of Students believes it's more like $27,000.

Factor in the unemployment rate for the under-35 crowd, between 15 and 21 per cent, and there are a large number of young adults who have no financial choice but to live at home. In many cases, parents who are initially willing to help end up feeling put upon and resentful. Avoid this toxic situation by ensuring adult children at home contribute.

Above all, charge rent. I recommend a sliding scale based on income. First set a base rate no matter what your child is earning — $50 monthly is better than nothing.

Even if that means an engineering grad must take shifts at the mall or a fast food outlet, such financial obligations are the stuff of adulthood. (If your child is saving to go to school the rent can always be rebated later.)

Then peg future rent to a percentage of their earnings. A reasonable rule of thumb could be 20 to 25 per cent of gross income. Since most recent grads will have lots of tuition and education credits to carry forward, they are unlikely to pay much tax.

Also, be sure to spell out household duties such as cleaning, gardening, cooking and grocery shopping.

By all means help your kids get on their feet but treat them as adults at the same time.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Alison's money rule

"Helping out financially shouldn't mean a free ride for adult kids living at home."

How times change

- **Young adults with cash.** In 1985, 21 to 34-year-olds purchased 38% of all new cars; today it is only 27%.

Owning your home shouldn't come at the expense of living.
Life adds up. Your finances should too.
CIBC Wealth Builder Mortgage™
GREAT LOW RATE
EARN $6,000 IN SAVINGS[1]
Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of $75,000 or more. Mandatory CIBC deposit account no monetary value and can only be redeemed according to the rules established by Aeroplan Canada Inc. Aeroplan Miles cannot be transferred to another person.

Food for thought

Organic power shopping never pays off

FUN AND FRUGAL
Leslie Scorgie
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Twitter: @Lesleyscorgie

Last week I was racing from a meeting with my lawyer to one with my banker, regarding my new home purchase. Between appointments, I decided to squeeze in a 'power shop' for groceries; in-and-out in less than eight minutes.

I filled my basket with a few days' worth of fresh organic foods and bolted to the checkout. The cashier rang in my $50 stash and that's when I discovered, in my haste, I'd left my wallet at my last appointment.

Full of apologies for the cashier and patrons waiting in line behind me, I started to leave the checkout counter. But, I was stopped by a nice guy from the lineup who insisted on paying for my groceries. I thanked him 10 times over, offered to pay him back (he refused), and his parting comments to me were "why do you buy organic? It's so expensive. I can get twice the amount of groceries for the same price." We all know the stats on organic foods; locally grown, fresh, greater nutrients because no artificial chemicals or additives are used in the growing and/or refining processes. Experts say these foods are better for our bodies and the environment. But, in many places, organic foods take up a significant chunk of a household's budget. Thus, many people opt for less healthy, inexpensive foods.

Coupon Cabin released a study last week about organic food purchasing behaviour. Nearly 75 per cent of respondents said they would buy organic if the price was more affordable. But, currently, less than half seek healthier food options because organics cost too much.

There are affordable ways to buy organic and eat healthy.

Plan ahead. Hasty purchases often result in bad deals. So, unlike my eight minute 'power shop', take time to plan out your organic purchases to ensure you don't buy items you don't need and avoid paying too much for the ones you do.

Buy less more often. Fresh organic produce provides its greatest flavour and nutritional benefits when consumed quickly. Buying fewer in-season produce items more often saves money as less food going rotten. If you're concerned about your carbon footprint each time you drive to the grocery store, stop driving and walk, run, bike, or take public transit.

Coupon. Clip organic food coupons or search for them online. Coupons exist for almost any item. The key with couponing is to avoid going overboard – buying more than you need for the sake of a deal.

Bulk-buy non-perishables. Take advantage of sales for non-perishables and items that can be frozen until you're ready to consume.

Buy local. Not only will this help support local growers and businesses, in many circumstances, produce can be significantly less than at a traditional big-box grocer. Great organic healthy fresh foods are available at your local farmers' market or grocery co-op.

Test your green thumb. If you've got access to natural sunlight and have a yard or balcony, try growing your own herbs, fruits and veggies. Seed packs only cost a few dollars.

You don't have to fork over astronomical sums of money to buy organic.

Scared of GMOs and pesticides? You might want to go organic. ISTOCK IMAGES

Build up your savings.

In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

Get $4,000 cash back up-front as well as $2,000 cash back over the term of your mortgage.[1] On a $400,000 mortgage. Conditions apply. Ask for details.

Ask about how you can earn up to 25,000 Aeroplan® Miles.[2]

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4

SPORTS

NFL

"It wasn't because I didn't want to play anymore. It was simply time to move on."

Running back LaDainian Tomlinson, who signed a one-day contract with the San Diego Chargers on Monday and then announced his retirement. Tomlinson rushed for 13,684 yards, fifth all-time, and scored 162 touchdowns, third-most ever. His 145 rushing touchdowns are second-most in history. He ended his brilliant 11-year NFL career the same way he started it — with the Chargers.

"I was a part of greatness. And it was awesome to be a part of it. It was awesome to watch. I mean, I had the best seat in the house. It was a fun time."

Retired offensive lineman, and former teammate of LaDainian Tomlinson, Kris Dielman.

On the web

The New Orleans Hornets appear serious about pairing another big man with consensus top draft choice Anthony Davis. New Orleans hosted six-foot-11 Baylor forward Perry Jones III and six-foot-nine Ohio State forward Jared Sullinger for pre-draft workouts on Monday. Scan the code for the story.

Roger Clemens talks to members of the news media after his acquittal on Monday in Washington, D.C. CHIP SOMODEVILLA/GETTY IMAGES

Clemens acquitted after 'a hard five years'

MLB. Jury finds seven-time Cy Young winner didn't lie to U.S. Congress in 2008

Quoted

"The jury has spoken in this matter, and we thank them for their service. We respect the judicial process and the jury's verdict."

A written statement from the U.S. Attorney's Office after Clemens' acquittal.

Roger Clemens was acquitted Monday on all charges that he obstructed and lied to Congress in denying he used performance-enhancing drugs to build his career as one of the greatest pitchers in baseball history.

"I'm very thankful," Clemens said, choking up as he spoke after the verdict.

"It's been a hard five years," said the pitcher, who was retried after an earlier prosecution ended in a mistrial.

This trial was lengthy, but the deliberations were relatively brief. Jurors returned their verdict after close to 10 hours over several days. The outcome ended a 10-week trial that capped the U.S. government's investigation of the pitcher.

Emotional hugs among Clemens and family members followed the verdict, including one large group hug in the courtroom. At one point, wife Debbie Clemens dabbed his eyes with a tissue.

Outside, at one point, Clemens stopped to compose himself.

Accused of cheating to achieve and extend his success — and then facing felony charges that he lied about it — he declared, "I put a lot of hard work into that career."

He said he appreciated "my teammates who came in and the emails and phone calls" of support. With his four sons standing behind him, Clemens thanked his lawyers, his family, his sisters and his wife.

His chief lawyer, Rusty Hardin, walked up to a bank of microphones and exclaimed: "Wow!"

Hardin said Clemens had to hustle to get to court in time to hear the verdict. "All of us had told Roger there wouldn't be a verdict for two, three or four days, so he was actually working out with his sons almost at the Washington Monument when he got the call that there was a verdict."

Clemens, 49, was charged with two counts of perjury, three counts of making false statements and one count of obstructing Congress when he testified at a deposition and at a nationally televised hearing in February 2008. The charges centred on his repeated denials that he used steroids and human growth hormone during a 24-year career that produced 354 wins.

THE ASSOCIATED PRESS

Tennis

On-court outburst costs Nalbandian

David Nalbandian was fined the maximum $12,560 US and placed under police investigation for assault after kicking an advertising board and injuring a line judge during the Queen's Club final.

The ATP confirmed the fine for unsportsmanlike conduct on Monday and said the Argentine player also was stripped of his 36,500 pounds ($57,350) in prize money.

London police said they were investigating a complaint of assault filed against Nalbandian, who was defaulted from Sunday's match against Marin Cilic in the grass-court Wimbledon warm-up event.

THE ASSOCIATED PRESS

David Nalbandian in London on Sunday. THE ASSOCIATED PRESS

Rankings

Mayweather still 'Money' while in the slammer

The world's highest-paid athlete is in jail.

Forbes has released its list of the 100 highest-paid athletes, and boxer Floyd (Money) Mayweather Jr. is No. 1. Mayweather, who made $85 million US for two fights last year, is currently serving a three-month jail sentence in Las Vegas for domestic battery.

THE ASSOCIATED PRESS

Cassano leads Italy to quarter-finals

Antonio Cassano of Italy celebrates scoring the opening goal against Ireland on Monday in Poznan, Poland. CLIVE MASON/GETTY IMAGES

Blowing kisses to the crowd with a joyous grin on his face, it was a different Antonio Cassano who walked off the pitch this time.

Cassano, who wept uncontrollably after Italy was eliminated from the 2004 European Championship, scored the decisive goal Monday as Italy beat Ireland 2-0 to reach the Euro 2012 quarter-finals.

"We Italians are used to suffering, but we always give our best," said Cassano, who nearly lost his life with stroke-like symptoms seven months ago and then required minor heart surgery.

"The victory was something we struggled for but the most important thing was to get through the group."

With Italy needing a win to stand a chance of advancing, Cassano scored the first goal. He headed in with his back to the goal by the near post following a corner kick in the 35th minute on a warm and muggy night in Poznan, Poland.

Substitute Mario Balotelli doubled the lead in the 90th, a minute after Ireland was reduced to 10 men when Keith Andrews picked up his second yellow card.

THE ASSOCIATED PRESS

Spain-Croatia

Unconvincing as it was, it was still enough for Spain.

- The defending Euro champions advanced to the quarter-finals on Monday, getting an 88th-minute goal from substitute Jesus Navas in a 1-0 win over Croatia.
- Spain dominated possession as expected but failed to create many clear opportunities at the Arena Gdansk in Poland.

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
New York	40	25	.615	—
Baltimore	39	28	.582	2
Tampa Bay	37	29	.561	3½
Toronto	34	32	.515	6½
Boston	33	33	.500	7½

CENTRAL DIVISION	W	L	Pct	GB
Chicago	35	31	.530	—
Cleveland	33	32	.508	1½
Detroit	32	34	.485	3
Kansas City	29	35	.453	5
Minnesota	26	39	.400	8½

WEST DIVISION	W	L	Pct	GB
Texas	40	27	.597	—
Los Angeles	36	31	.537	4
Oakland	31	36	.463	9
Seattle	29	39	.426	11½

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Washington	38	26	.594	—
Atlanta	35	31	.530	4
New York	36	32	.529	4
Miami	33	33	.500	6
Philadelphia	31	37	.456	9

CENTRAL DIVISION	W	L	Pct	GB
Cincinnati	38	27	.585	—
Pittsburgh	34	31	.523	4
St. Louis	34	33	.507	5
Milwaukee	30	36	.455	8½
Houston	27	39	.409	11½
Chicago	22	44	.333	16½

WEST DIVISION	W	L	Pct	GB
Los Angeles	42	25	.627	—
San Francisco	37	30	.552	5
Arizona	32	34	.485	9½
Colorado	25	40	.385	16
San Diego	24	43	.358	18

INTERLEAGUE

Monday's results
N.Y. Mets 5 Baltimore 0
Atlanta at N.Y. Yankees
Cincinnati at Cleveland
Kansas City at Houston
Chicago Cubs at Chicago White Sox
Toronto at Milwaukee
Seattle at Arizona
San Francisco at L.A. Angels
Texas at San Diego
Sunday's results
Toronto 6 Philadelphia 2
Baltimore 2 Atlanta 0
Boston 7 Chicago Cubs 4
Detroit 5 Colorado 0
Kansas City 5 St. Louis 3 (15 innings)
L.A. Angels 2 Arizona 0
LA Dodgers 2 Chicago W.Sox 1 (10 inn.)
Minnesota 5 Milwaukee 4 (15 inn.)
N.Y. Yankees 4 Washington 1
Pittsburgh 9 Cleveland 5
San Diego 2 Oakland 1
Seattle 2 San Francisco 1
Tampa Bay 3 Miami 0
Texas 9 Houston 3
Tuesday's games — Al Times Eastern
Atlanta (T.Hudson 4-3) at N.Y. Yankees (Kuroda 6-6), 7:05 p.m.
Cincinnati (Leake 2-5) at Cleveland (Tomlin 3-4), 7:05 p.m.
Minnesota (Diamond 5-2) at Pittsburgh (Correia 2-6), 7:05 p.m.
St. Louis (Lynn 10-2) at Detroit (Verlander 6-4), 7:05 p.m.
Tampa Bay (Price 8-4) at Washington (Wang 2-2), 7:05 p.m.
Baltimore (Tom.Hunter 3-3) at N.Y. Mets (J.Santana 4-3), 7:10 p.m.
Miami (Buehrle 5-7) at Boston (Buchholz 7-2), 7:10 p.m.
Kansas City (Hochevar 3-7) at Houston (W.Rodriguez 6-4), 8:05 p.m.
Chicago Cubs (T.Wood 0-3) at Chicago White Sox (Peavy 6-2), 8:10 p.m.
Toronto (Undecided) at Milwaukee (Marcum 5-3), 8:10 p.m.
Seattle (Er.Ramirez 0-1) at Arizona (D.Hudson 3-1), 9:40 p.m.
L.A. Dodgers (Harang 5-3) at Oakland (McCarthy 5-3), 10:05 p.m.
San Francisco (Zito 5-4) at L.A. Angels (C.Wilson 7-4), 10:05 p.m.
Texas (Feldman 0-6) at San Diego (Volquez 3-6), 10:05 p.m.

Monday's results
No Games Scheduled.
Sunday's result
Cincinnati 3 N.Y. Mets 1
Tuesday's game — All Times Eastern
Colorado (Outman 0-2) at Philadelphia (Hamels 9-3), 7:05 p.m.

AUTO RACING

NASCAR SPRINT CUP

Through June 17

POINTS LEADERS

1. Matt Kenseth, 565 points; 2. Dale Earnhardt Jr., 561; 3. Greg Biffle, 548; 4. Jimmie Johnson, 532; 5. Denny Hamlin, 514; 6. Kevin Harvick, 504; 7. Martin Truex Jr., 497; 8. Tony Stewart, 491; 9. Clint Bowyer, 481; 10. Brad Keselowski, 458.
11. Carl Edwards, 456; 12. Kyle Busch, 432; 13. Ryan Newman, 427; 14. Paul Menard, 421; 15. Joey Logano, 407; 16. Kasey Kahne, 391; 17. Marcos Ambrose, 388; 18. Jamie McMurray, 377; 19. Juan Pablo Montoya, 377; 20. Jeff Gordon, 375.
21. Jeff Burton, 375; 22. Aric Almirola, 372; 23. Mark Martin, 341; 24. A J Allmendinger, 330; 25. Regan Smith, 326; 26. Bobby Labonte, 316; 27. Kurt Busch, 289; 28. Casey Mears, 267; 29. David Ragan, 261; 30. David Gilliland, 246.
31. Travis Kvapil, 220; 32. Landon Cassill, 214; 33. Dave Blaney, 212; 34. David Reutimann, 198; 35. J.J. Yeley, 106; 36. David Stremme, 103; 37. Michael McDowell, 83; 38. Brian Vickers, 66; 39. Tony Raines, 61; 40. Ken Schrader, 60.
41. Brendan Gaughan, 50; 42. Josh Wise, 45; 43. Terry Labonte, 42; 44. Stephen Leicht, 34; 45. Scott Riggs, 27; 46. Michael Waltrip, 26; 47. Hermie Sadler, 13; 48. Scott Speed, 12; 49. Bill Elliott, 7; 50. Robby Gordon, 6.

MONEY LEADERS

1. Jimmie Johnson, US$4,183,768; 2. Matt Kenseth, $4,062,876; 3. Denny Hamlin, $3,245,555; 4. Tony Stewart, $3,153,810; 5. Greg Biffle, $3,100,328; 6. Dale Earnhardt Jr., $3,073,195; 7. Kyle Busch, $3,048,273; 8. Kevin Harvick, $2,736,015; 9. Brad Keselowski, $2,673,555; 10. Carl Edwards, $2,509,059.
11. Martin Truex Jr., $2,503,018; 12. Ryan Newman, $2,430,103; 13. Jeff Gordon, $2,416,408; 14. Jeff Burton, $2,400,740; 15. A J Allmendinger, $2,315,395; 16. Clint Bowyer, $2,231,813; 17. Aric Almirola, $2,160,530; 18. Marcos Ambrose, $2,142,275; 19. Kasey Kahne, $2,135,621; 20. Jamie McMurray, $2,091,415.

GOLF

U.S. OPEN

At San Francisco
Par: 70 (34-36)
Final Round and earnings (in U.S. funds)
(a-denotes amateur)

Webb Simpson, $1,440,000	72-73-68-68—281
Graeme McDowell, $695,916	69-72-68-73—282
Michael Thompson, $695,916	66-75-74-67—282
Jason Dufner, $276,841	72-71-70-70—283
Jim Furyk, $276,841	70-69-70-74—283
Padraig Harrington, $276,841	74-70-71-68—283
John Peterson, $276,841	71-70-72-70—283
David Toms, $276,841	69-70-76-68—283
Ernie Els, $200,280	75-69-68-72—284
Kevin Chappell, $163,594	74-71-68-72—285
Retief Goosen, $163,594	75-70-69-71—285
John Senden, $163,594	72-73-68-72—285
Lee Westwood, $163,594	73-72-67-73—285
Casey Wittenberg, $163,594	71-77-67-70—285
K.J. Choi (56), $118,969	73-70-74-69—286
Fredrik Jacobson, $118,969	72-71-68-75—286
Martin Kaymer, $118,969	74-71-69-72—286
Adam Scott $118,969	76-70-70-70—286
Steve Stricker, $118,969	76-68-73-69—286
Aaron Watkins, $118,969	72-71-72-71—286
Blake Adams, $86,348	72-70-70-75—287
Raphael Jacquelin, $86,348	72-71-73-71—287
Justin Rose, $86,348	69-75-71-72—287
Nick Watney, $86,348	69-75-73-70—287
Tiger Woods, $86,348	69-70-75-73—287
a-Jordan Spieth, $0	74-74-69-70—287
Nicolas Colsaerts, $68,943	72-69-71-76—288
Matt Kuchar, $68,943	70-73-71-74—288
Morgan Hoffmann, $53,168	72-74-73-70—289
Robert Karlsson, $53,168	70-75-72-72—289
Scott Langley, $53,168	76-70-70-73—289
Davis Love III, $53,168	73-74-73-69—289
Francesco Molinari, $53,168	71-76-72-70—289
Kevin Na, $53,168	74-71-71-73—289
Alistair Presnell, $53,168	70-74-75-70—289
Charlie Wi $53,168	74-70-71-74—289
Beau Hossler, $0	70-73-70-76—289
Sergio Garcia, $44,144	73-71-71-75—290
Hunter Mahan $44,144	72-71-73-74—290
Charl Schwartzel $44,144	73-70-74-73—290
Alex Cejka, $38,816	78-69-70-74—291
Rickie Fowler, $38,816	72-76-71-72—291
Zach Johnson, $38,816	77-70-73-71—291
Ian Poulter, $38,816	70-75-73-73—291
a-Patrick Cantlay, $0	76-72-71-72—291
Angel Cabrera $31,979	72-76-69-75—292
Bob Estes, $31,979	74-73-71-74—292
Hunter Hamrick, $31,979	77-67-71-77—292
Steve LeBrun, $31,979	73-75-69-75—292
Matteo Manassero, $31,979	76-69-73-74—292
Simon Dyson, $24,912	74-74-74-71—293
Hiroyuki Fujita, $24,912	75-71-73-74—293
Branden Grace, $24,912	71-74-73-75—293
Jesse Mueller, $24,912	75-73-74-71—293
Nicholas Thompson, $24,912	74-74-72-73—293
Michael Allen $21,995	71-73-77-73—294
Jonathan Byrd, $21,995	71-75-71-77—294
Jeff Curl, $21,995	73-75-71-75—294
Matthew Baldwin, $19,955	74-74-73-74—295
Jason Day, $19,955	75-71-76-73—295
Jae-bum Park, $19,955	70-74-77-74—295
Darron Stiles, $19,955	75-71-73-76—295
Kevin Streelman, $19,955	76-72-72-75—295
Bo Van Pelt, $19,955	78-70-76-71—295
Phil Mickelson, $18,593	76-71-71-78—296
Marc Warren, $18,593	73-72-74-77—296
K.T. Kim, $18,113	74-72-74-77—297
Stephen Ames, $17,633	**74-73-79-72—298**
Keegan Bradley, $17,633	73-73-75-77—298
Rod Pampling, $17,153	74-73-74-78—299
Jason Bohn (1), $16,833	70-75-78-78—301
Joe Ogilvie (1), $16,512	73-75-76-79—303

TENNIS

WTA AEGON CLASSIC

At Birmingham, England
Monday's result
Singles — Championship
Melanie Oudin, U.S., def. Jelena Jankovic (5), Serbia, 6-4, 6-2.

WIMBLEDON QUALIFYING

At Roehampton, England
Monday's results
Men
Singles — First Round
Erik Chvojka, Montreal, def. Bobby Reynolds (14), U.S., 6-3, 5-7, 11-9.
Peter Polansky, Thornhill, Ont., def. Pablo Galdon, Argentina, 6-4, 6-1.
Doubles — First Round
Rik de Voest, South Africa, and **Adil Shamasdin, Pickering, Ont.**, def. John Paul Fruttero, U.S., and Raven Klaasen (1), South Africa, 6-7 (2), 6-4, 6-3.

ATP-WTA AEGON INTERNATIONAL

At Eastbourne, England
Monday's results
Men
Singles — First Round
Marcos Baghdatis, Cyprus, def. Pablo Andujar (8), Spain, 6-1, 6-1.
Ryan Harrison, U.S., def. **Vasek Pospisil, Vernon, B.C.,** 3-6, 7-6 (2), 7-6 (6).
Carlos Berlocq, Argentina, def. Mikhail Kukushkin, Kazakhstan, 3-6, 6-4, 6-2.
Fabio Fognini, Italy, def. Albert Ramos, Spain, 7-6 (2), 6-7 (3), 6-2.
Jeremy Chardy, France, def. Paul-Henri Mathieu, France, 7-5, 6-7 (5), 7-6 (4).
Jamie Baker, Britain, def. Donald Young, U.S., 6-1, 6-4.
Marinko Matosevic, Australia, def. James Ward, Britain, 4-6, 6-1, 6-4.

Women
Singles — First Round
Daniela Hantuchova (8), Slovakia, def. Anne Keothavong, Britain, 6-2, 6-3.
Aleksandra Wozniak, Blainville, Que., def. Galina Voskoboeva, Kazakhstan, 6-3, 4-6, 7-6 (5).
Tamira Paszek, Austria, def. Marina Erakovic, New Zealand, 7-5, 6-1.
Chanelle Scheepers, South Africa, def. Mona Barthel, Germany, 6-1, 4-6, 6-1.

ATP-WTA UNICEF OPEN

At Den Bosch, Netherlands
Monday's results
Men's Singles — First Round
Jurgen Melzer, Austria, def. Igor Kunitsyn (3), Russia, 6-1, 6-1.
Mate Pavic, Croatia, def. Robin Haase (4), Netherlands, 6-4, 7-6 (2).
Olivier Rochus, Belgium, def. Malek Jaziri, Tunisia, 6-3, 4-0 (retired).
Women's Singles — First Round
Kirsten Flipkens, Belgium, def. Sam Stosur (1), Australia, 7-6 (7), 6-3.
Kateryna Bondarenko, Ukraine, def. Sara Errani (2), Italy, 5-7, 6-3, 6-4.
Dominika Cibulkova (3), Slovakia, def. Alexandra Cadantu, Romania, 6-2, 6-2.
Nadia Petrova (4), Russia, def. Kiki Bertens, Netherlands, 6-2, 6-4.
Francesca Schiavone, Italy, def. Maria Kirilenko (5), Russia, 6-4, 3-6, 7-5.
Roberta Vinci (6), Italy, def. Eleni Daniilidou, Greece, 6-3, 7-5.
Monica Niculescu, Romania, def. Barbora Zahlavova Strycova, Czech Republic, 7-6 (6), 6-3.
Irina-Camelia Begu, Romania, def. Iveta Benesova, Czech Republic, 6-4, 6-1.
Shahar Peer, Israel, def. Akgul Amanmuradova, Uzbekistan, 6-2, 6-4.

NBA PLAYOFFS

THE FINALS

(Best of 7)
All Times Eastern
OKLAHOMA CITY (W2) VS. MIAMI (E2)
(Miami leads series 2-1)
Sunday's result
Miami 91 Oklahoma City 85
Thursday's result
Miami 100 Oklahoma City 96
Tuesday's game
Oklahoma City at Miami, 9 p.m.
Thursday's game
Oklahoma City at Miami, 9 p.m.
Sunday, June 24
x-Miami at Oklahoma City, 8 p.m.
Tuesday, June 26
x-Miami at Oklahoma City, 9 p.m.
x — played only if necessary.

TRANSACTIONS

NHL

CHICAGO BLACKHAWKS — Agreed to terms with F Brandon Bollig and F Ben Smith on two-year contracts and G Carter Hutton on a one-year contract. Released G Alexander Salak.
DALLAS STARS — Named Curt Fraser assistant coach.
NASHVILLE PREDATORS — Signed G Magnus Hellberg to an entry-level contract.

CFL

PRE-SEASON

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	1	1	0	0	29	24	2
Winnipeg	1	1	0	0	22	10	2
Hamilton	1	0	1	0	24	29	0
Montreal	1	0	1	0	10	22	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	1	1	0	0	44	10	2
Calgary	1	1	0	0	20	17	0
Edmonton	1	0	1	0	17	20	0
Saskatchewan	1	0	1	0	10	44	0

WEEK ONE
Friday's result
Calgary 20 Edmonton 17
Thursday's result
Winnipeg 22 Montreal 10
Wednesday's results
B.C. 44 Saskatchewan 10
Toronto 29 Hamilton 24
WEEK TWO
Tuesday's game — All Times Eastern
Montreal at Toronto, 12 noon (changed from 7:30 p.m.)
Wednesday's game
Hamilton at Winnipeg, 8 p.m.
Thursday's game
B.C. at Edmonton, 9 p.m.
Friday's game
Calgary at Saskatchewan, 9 p.m.
End of 2012 CFL Pre-season

SOCCER

EURO 2012

All Times Eastern

FIRST ROUND

x — clinched quarter-final berth

GROUP A

	GP	W	D	L	GF	GA	Pt
x-Czech Rep.	3	2	0	1	4	4	6
x-Greece	3	1	1	1	3	3	4
Russia	3	1	1	1	5	3	4
Poland	3	0	2	1	2	3	2

Saturday's results
At Warsaw, Poland
Greece 1 Russia 0
At Wroclaw, Poland
Czech Republic 1 Poland 0

GROUP B

	GP	W	D	L	GF	GA	Pt
x-Germany	3	3	0	0	5	2	9
x-Portugal	3	2	0	1	5	4	6
Denmark	3	1	0	2	4	5	3
Netherlands	3	0	0	3	2	5	0

Sunday's results
At Kharkiv, Ukraine
Portugal 2 Netherlands 1
At Lviv, Ukraine
Germany 2 Denmark 1

GROUP C

	GP	W	D	L	GF	GA	Pt
x-Spain	3	2	1	0	6	1	7
x-Italy	3	1	2	0	4	2	5
Croatia	3	1	1	1	4	3	4
Ireland	3	0	0	3	1	9	0

Monday's results
At Gdansk, Poland
Spain 1 Croatia 0
At Poznan, Poland
Italy 2 Ireland 0

GROUP D

	GP	W	D	L	GF	GA	Pt
France	2	1	1	0	3	1	4
England	2	1	1	0	4	3	4
Ukraine	2	1	0	1	3	3	3
Sweden	2	0	0	2	3	6	0

Tuesday's games
At Kiev, Ukraine
Sweden vs. France, 2:45 p.m.
At Donetsk, Ukraine
England vs. Ukraine, 2:45 p.m.

QUARTER-FINALS

Thursday's game
At Warsaw, Poland
Czech Republic vs. Portugal, 2:45 p.m.
Friday's game
At Gdansk, Poland
Germany vs. Greece, 2:45 p.m.
Saturday, June 23
At Kiev, Ukraine
Spain vs. Second D, 2:45 p.m.
Sunday, June 24
At Donetsk, Ukraine
Italy vs. First D, 2:45 p.m.

MLS

EASTERN CONFERENCE

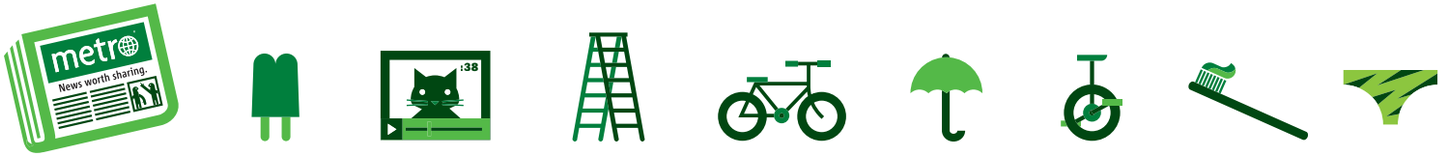
	GP	W	L	T	GF	GA	Pt
D.C. United	16	9	4	3	29	19	30
Kansas City	13	9	3	1	19	10	28
New York	14	8	4	2	27	21	26
Chicago	14	6	5	3	18	18	21
Houston	13	5	4	4	15	16	19
Columbus	13	5	4	4	13	13	19
New England	14	5	7	2	18	18	17
Montreal	14	4	7	3	19	22	15
Philadelphia	12	2	8	2	8	15	8
Toronto	11	1	10	0	8	23	3

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	15	10	3	2	25	14	32
San Jose	14	8	3	3	27	17	27
Vancouver	14	7	3	4	17	15	25
Seattle	14	7	4	3	17	13	24
Colorado	14	6	7	1	20	19	19
Chivas USA	14	4	7	3	9	17	15
Los Angeles	14	4	8	2	16	21	14
Portland	13	3	6	4	12	16	13
Dallas	16	3	9	4	16	26	13

Sunday's results
Chicago 3 New York 1
Los Angeles 1 Portland 0
Wednesday's games — All Times Eastern
Toronto at Houston, 9 p.m.
Los Angeles at Real Salt Lake, 9 p.m.
San Jose at Colorado, 9:30 p.m.
Kansas City at Seattle, 10 p.m.
Montreal at Chivas USA, 10:30 p.m.
New York at Vancouver, 11 p.m.

Sharability



HELP WANTED

General Help

2 F/T Cooks (Thai Cuisine), min. 1 year experience. $14/hr. Call Nom at Thai Flame Restaurant, 1902 Robertson Road Unit 104 Ottawa ON, K2H 5B8 613-862-0730

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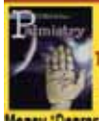

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• 4 drawer dresser Dark Brown $75 • 3 drawer dresser $50 • Dresser with mirror & stool $100 613-592-3036	**Childs Desk** **$30.00** **(613)595-1318**	IKEA Desk, light brown, no drawers. 5ft x 2.5ft. $25 / 9 Drawer dresser with mirror - $35. Or $50 for both. Call (613)241-4967	NordicTrack 130 Elliptical Trainer Excellent Condition $350 (613)521-3796	TRAVEL GOLF CLUBS AND BAG (7 clubs) $20.00 **613-731-0658**	Washer $150 Dryer $200 (613)421-3514
6 Ft Couch and Chair with Wood Trim Pinstripe Burgandy / Beige $100 613-592-3036	Clothes Dryer Kenmore / Hot Point Heavy duty, good conditon Perfect for the summer cottage $80 OBO (613)744-8236	Kenmore Flat top Stove Excellent Condition White $250 Call 613-421-3514	**RCA Color TV 27 inch Good condition $100.00 (613)233-9601 Call after 6pm**	ULTRAMATIC adjustable bed with remote. 38 x 80 Used only 4 months Reg $4006 ASKING $1000 FIRM **613-513-5515**	White front door with casing for house or cottage. Approx. 76 x 36. Asking $25.00 **613-731-0658**

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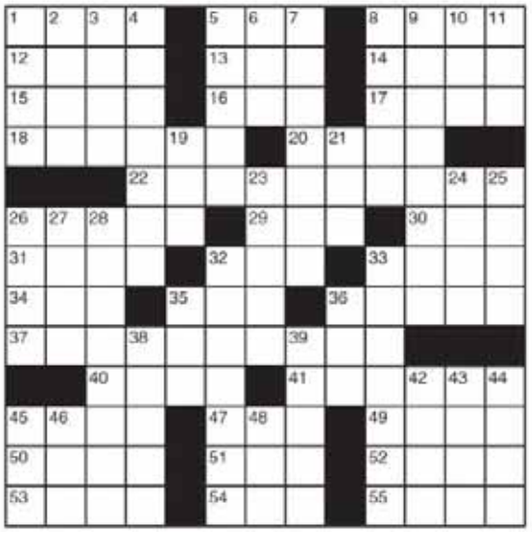
Crossword

Across
1 Drunkards
5 Intention
8 Prayer closer
12 Milne character
13 Detergent brand
14 Encrust
15 Pound of poetry
16 Pouch
17 Secondhand
18 Oddball
20 Picnic invaders
22 Runts
26 Trite
29 Bit of wordplay
30 Ruby or emerald
31 — and the Tramp
32 Chart format
33 List of options
34 Goose, in Guadalajara
35 Corpulent
36 Surroundings
37 Classroom surprises
40 Swivel
41 Of a people
45 Met melody
47 Bath site
49 My Name Is —
50 Van. counterpart
51 Drop the ball
52 Largest of the seven
53 Gridlock sound
54 CSI evidence
55 Grate

Down
1 Gush forth
2 Creep through the cracks
3 Actress Spelling
4 With keenness
5 Man of morals?
6 Playwright Levin
7 Rhesus monkey
8 Less than 90 degrees
9 Rubbed the right way?
10 — out a living
11 Homer Simpson's neighbour
19 Conk out
21 Sister
23 Stocky, heavy-coated dog
24 Griffey Sr. and Jr.
25 Dirty matter
26 Feed the hogs
27 Mexican entree
28 Certain adjustment
32 Made like Manet
33 Get the sound wrong
35 Bear hair
36 Ran into
38 Charlatan
39 Marty in Madagascar is one
42 Houston acronym
43 Rainbow
44 Applaud
45 Interlaken interjection
46 Pi follower
48 Ode subject



Sudoku

	2	8					6	
6					8		7	
1			9		7	3		
	6			9		8		7
3		5		4			1	
		6	2		5			8
	8		1					4
	3					2	5	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	7	4	1	8	9	5	6	2
8	1	2	6	4	5	9	3	7
9	6	5	2	3	7	1	8	4
1	4	8	9	5	6	2	7	3
2	5	6	3	7	1	4	9	8
7	9	3	4	2	8	6	1	5
6	2	7	8	9	4	3	5	1
4	8	9	5	1	3	7	2	6
5	3	1	7	6	2	8	4	9

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XH WFJ'IB NJGZ NFIB QYBBCW AZRS RTT FAZBI GFNYBAXAFIQ. FSB GFJTC QRW WFJ'IB HRQATW QJYBIXFI.

Yesterday's Cryptoquip: THE CROPLAND IS CHOCK-FULL OF SNAKES. I SUPPOSE YOU MIGHT SAY IT'S FARMED AND DANGEROUS.

Today's Cryptoquip Clue: I equals R

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 30°/21° Thundershowers 40%
Wednesday 34°/21° Thundershowers
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. You are not the sort to compromise your beliefs and opinions and that's good because you will be challenged in some way today.

Taurus | April 21 - May 21. Focus on relationships today and don't worry that you might miss out on a money-making opportunity.

Gemini | May 22 - June 20. If there is something about your everyday existence that you would like to change then now is the time to do something about it.

Cancer | June 21 - July 22. You seem to be more curious than usual about your place in the universe. Don't be scared of asking difficult questions: the answers you get will be hugely enlightening, and maybe more than a little bit profitable too.

Leo | July 23 - Aug. 22. Don't back out of a promise today. If you let even one person down your reputation will suffer.

Virgo | Aug. 23 - Sept. 22. No matter how many times you have clashed with someone in the past they will be on your side today.

Libra | Sept. 23 - Oct. 22. You will become aware today that someone has been keeping things from you, but don't get upset or annoyed about it.

Scorpio | Oct. 23 - Nov. 21. Something that never made much sense before will start to make sense today. A lot of questions that did not seem to have answers will somehow resolve themselves and you'll marvel at just how simple it all is.

Sagittarius | Nov. 22 - Dec. 21. There is an art to saying unpleasant things while making them sound reasonable, even helpful, and if you master that art today you will get a lot of things done

Capricorn | Dec. 22 - Jan 20. Be kind to yourself for a change: do something fun and relaxing.

Aquarius | Jan. 21 - Feb 18. You are right and those who disagree with you are wrong. That's the attitude you will adopt today and in getting things done it will take you far.

Pisces | Feb. 19 - March 20. You won't see eye-to-eye with someone you work or do business with today but you don't have to go to war about it.

SALLY BROMPTON

Caption Contest

"I think I can, I think I can."
bilyana

LAURENT GILLIERON/KEYSTONE/THE ASSOCIATED PRESS

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Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	$1,592.82/coin
9999 Canada Maple leaf, less than 1 ounce	$51.22/g
24k Jewellery	$40.22/g
22k	$36.84/g
E. Indian/Nuggets	$32.66/g
18k	$30.17/g
14k and dental	$23.45/g
10k	$16.73/g
9k	$15.08/g
8k/antique gold	$10.06/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	$1,534.44
Gold 10 ounce (Recognized)	$15,261.04
Gold 1kg (Recognized)	$49,064.24
Gold bars, less than 1 ounce (Recognized)	$49.07/g
999 Gold bar (Unrecognized)	$47.73/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	$28.26/coin

Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	$0.58/g
Stamped Sterling Silver Jewellery	$0.56/g
Mexican Silver stamped 925	$0.47/g
Stamped 800 Silver	$0.46/g
Unstamped scrap silver	$0.30/g
Other silver coins	$0.62/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-06-18, 17:16:27 PM

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Example Purchase 2:

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Example Purchase 3:

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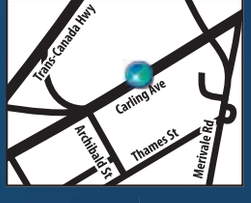

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